



**Ballyhoura
Country**

Ballyhoura Country News

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**Ballyhoura Heritage & Environment,
Kilfinane, Co Limerick**

Tel: 063-91300

Web:

www.visitballyhoura.com

CALENDAR OF EVENTS

Limerick Roadshow events
3rd, 6th, 11th, 12th, 19th and
21st May

Church Of Ireland Bruff
"Bluegrass" 5th May

Mindfulness Retreat 5-7th
May

Darkness into Light 6th May

Guided Tour of Griston
Bog@ Ballylanders June 7th

Greetings from the board of Ballyhoura Heritage and Environment

Welcome to this Issue of the Ballyhoura Country Newsletter

This monthly publication aims, as always, to bring you all the latest news on all that is happening in the area. It gives us the opportunity to enlighten and inform you, the tourism product and service providers of Ballyhoura Country, on upcoming events as well as new attractions and opportunities. This is your newsletter. Your views and suggestions are important to us and your contributions and comments are always welcome. Email reception@ballyhoura.org

Limerick.ie Roadshow 3rd, 6th, 11th, 12th, 19th, and 21st May Discover more about Limerick events and activities, find out about business opportunities and supports, access Limerick city & Co. Council services and register for My Limerick you could also win an iPad. On Wednesday the 3rd May it will be in Kilmallock from 10am-12pm and Kilfinane Library from 2pm-4pm, and Saturday the 6th May at the Munster V Connacht at Thomond Park 4pm-8pm, and Thursday the 11th at Foynes Library from 10am-12pm, on Friday 12th May it will be in Newcastle west in the square from 10am-12pm and Friday the 19th May in Adare Library/heritage centre from 10am-12.30pm and finally on Sunday the 21st May it will be at the family fun day at the Limerick race course from 1pm-6pm for more information on the roadshow please follow

<https://www.google.ie/search?q=limerick.iroadshow+timetable&nfpr=1&sa=X&ved=0ahUKewjfxYeytMTTAhXIC8AKHSZvBn8QvgUJISgB>

The Church Of Ireland -Bruff - Friday the 5th May

Presents " Blue grass" from Colorado USA, high plains tradition this is an opportunity to see this outstanding group on Friday the 5th May starting at 8pm for bookings and further information please call (086)3027976.

Mindfulness and Self-compassion Weekend 5th - 7th May

Leave behind the hectic pace of everyday life and immerse yourself in the beautiful nature of the Ballyhoura mountains; join us for a nourishing weekend of self-care in the Ballyhoura Mountain Lodges. We'll be practicing mindfulness, loving kindness and self-compassion, both indoors and in nature. This retreat is suitable for everybody; the cost is €180 for shared accommodation and food. Teaching and guidance with Susan O' Regan and Paola Vais are offered on a donation basis. For more information and booking please e-mail mindfulness.westcork@me.com or contact: Susan on 087-2700572 or Paola on 087-2453292.

Darkness into Light-6th May

Supported by Electric Ireland, this year's darkness into light walk or run with us on the 6th May and join in the global movement against suicide. Money raised helps Pieta House's life-saving services free and helps broaden our services so we can reach those who need us. It is a 5k and will take place in Colaiste Iosaef, Sheares Street, Abbeyfarm, Kilmallock, Co. Limerick at 4.15am Saturday morning. Register online at <http://dil.pieta.ie/>

Griston Bog – Outdoor Classroom – next tour 7th June – Ballylanders

Griston Bog, Outdoor classroom are hosting their monthly tour the 1st Wednesday of every month. All groups & schools catered for. Advanced booking essential. Contact Annette Rea on (063) 91300 Email: reception@ballyhoura.org

Ballyhoura Beo Walkie
Talkies 8th May

Ballyhoura Beo – Glenroe Women’s Walking Programme @The Walkie Talkies’

- 6 week walking and fitness programme – Starting Monday 8th May @7pm
- 1-1.5hours and is suitable for all abilities
- Warm-up and cool down exercises included in every walk
- Get fit, have fun and chat!

Walks will take place in Glenroe GAA pitch and Road Loop, Ballyorgan- Lacca Loop, Ballintubber Loop, Canon Sheehan Walk, Keale River Walk (Darragh), Ballorgan-Forest Home Loop. Please call or text Geraldine on 086-0886611. It costs €30 for 6 walks or pay as you go per walk.

Knocklong History Weekend
10th, 12th 13th & 14th May

Knocklong History Weekend-10th, 12th, 13th and 14th May

On **Wednesday the 10th May**: Primary Schools History Quiz, **Friday 12th May @8pm** there will be a lecture on paddy Maher his arrest trial and execution by local historian Dave Dineen. (€5) **@10pm** there will be traditional music in the Hill Bar by the Badgers. On **Saturday 13th May @10am** there will be a bus tour of the local war of independence Sites (hospital, Kiltely, Dromkeen, Emly & more) (€20) for tickets call 086-8471500, **@2pm** a Seminar on Cumann na mBan in the War (€5) with eminent speakers; Mary McAuliffe, Liz Gillis & Helen Litton. **@5.30pm** wreath laying at the Railway plaque, followed **at @8pm** with a Concert by the Army band of the 1st Brigade (€10 per adult, €5 per children U 16) for tickets call 086-8471500. On **Sunday 14th May @7.30pm** the County Limerick Youth theatre is pleased to present Agóid by Caitríona Ní Mhurchú, Tickets from friar’s gate Box office 063-98727. For more information see knocklonghistory on Facebook, Twitter and You Tube or visit www.knocklong.net

Ballyhoura Active Series
12th and 19th May

Ballyhoura Active Series 12th and 19th May

On the 12th May @8pm the active series will be taking place in Galbally and it will be 4miles, and on 19th May it will be on in Kilmallock @7.30pm and it will be 5 miles. For upcoming events in the active series please check our website <http://ballyhouraactive.com/> or for more info please e-mail ballyhouraactive@gmail.com

Cottage Market 13th May

The Cottage Market creamery Yard Kildorrery-13th May

Our next market will be on the 13th May from 11.00am to 2.00pm and is on every second Saturday after that. There is a variety of stalls ranging from home baking, wood craft , preserves, hot food, crochet designs, healthy products, fruit and veg, antique tea ware, smoked salmon inter alia.

The previous market was a huge success, and people attended from all over. For more information on our market please email y.ogrady.4@gmail.com

Kildorrery International Food
Fair-Sunday 14th May

Kildorrery International Food Fair – Sunday May 14th

Now in its tenth year the ever popular Kildorrery International Food Fair takes place on Sunday May 14th from 2pm to 4pm in the community car park Kildorrery (old creamery yard). This annual Food fair is unique in Ireland as it is run by local residents from various nationalities who prepare authentic dishes representative of their national cuisine. It is a great opportunity to taste food one might never otherwise come across.

It differs from other food fairs in that there is no commercial involvement- this is a key element as it guarantees that all of the food is homemade and 100% authentic. Admission is €6 per adult or family tickets are €15. After admission all patrons can sample as much as they like. For more information please contact Danny on **086-8127335** or follow the link <http://visitballyhoura.com/index.php/2017/04/19/kildorrery-international-food-fair-sunday-may-14th/>



Friars Gate events 6th, 11th, 12th, 13th, 14th, 17th 19th & 27th May & 1st & 2nd June

Friars Gate Theatre – Kilmallock

George Murphy in concert Saturday 6th May @8pm

George performs folk songs from Ireland, England, Scotland and the USA made famous by the Dubliners, Peggy Seeger and Ewan Mc Coll. Tickets are €20.

Thursday 11th Friday 12th Saturday 13th & Sunday 14th May @7.30pm.

The county Limerick Youth theatre are pleased to present **Agóid** by Caitríona Ní Mhurchú A play about protest in a post-Trumpian Society. Tickets are €6.

Wednesday 17th May @8pm - United Kingdom, A Dir: Amma Asante USA, UK, Czech Republic 2016 111Mins Cert: 12A

Starring: Rosamond Pike, Tom Felton, Laura Carmichael, David Oyelowo, Trailer:

<https://www.youtube.com/watch?url66-67090> Tickets are €7.

Friday 19th May @8pm-Ivan Illic in Concert

Ivan is a concert pianist who was born in Belgrade, was educated in California (where he took a degree in mathematics as well as music), after studying at the conservatory in Paris, is based in France, ME. An exquisitely poised and expressive rendering.....spellbinding. Tickets€12/€10 Friends 2 for 1

Thursday 25th May @ 8pm-Torch Players Limerick presents Bookworms by Bernard Farrell

Bookworms is a hilarious comedy centred around an all-female book club and their decision to allow men join them for the first time, with husbands invited in. Tickets €15/€12

Saturday 27th May @8pm - The Morning after the Life before by Ann Blake. Performed by Ann Blake and Lucia Smyth.

This is a personal tale and experience of Ireland before and after the referendum on Marriage Equality. Tickets are €12/€10 duration 80 Mins

Thursday 1st & Friday 2nd June @8pm-Callback theatre present the world premiere of Janey Dillis By John Sheehy Performed by Cora Fenton. Running time 1 hour. Supported by Limerick Arts Office and friars' Gate Theatre Tickets €12/€10

For more information contact: (063) 98727 email: friarsgate@eircom.net

Deeberth House Hotel – Kilmallock – Sunday Social Dancing from 9-12pm

7th May Dave Rea , 14th Adrian Ryan, 21st May Sam O' Doherty and 28th May Teddy and Cathal Barry **Traditional Irish Night** 8-11.30pm on Tuesday the 2nd May also don't forget to save the date on Friday 4th August Galtymore reunion.

Also on the 13th May Bank of Ireland is proud to host Kilmallock Enterprise Town. Join us at the Business, Sports & Community Expo which takes place on May 13th. We encourage you to invite family and friends to come along on the day and see all that Kilmallock Enterprise Town has to offer.

For further information contact: (063) 31200 email: info@deeberthousehotel.com

Web: www.deeberthousehotel.com Facebook: <http://www.facebook.com/deeberthousehotel/>

Deeberth house hotel social dancing and Traditional Irish 7th, 14th, 21st and 28th and 2nd May



**Ballyhoura Beo Green
Ribbon Walk 21st May**

**Charleville Park Hotel 3rd,
12th, and 19th May**

**Fleadh Weekend Line up 31st
May and June 1st, 2nd, 3rd, 4th
& 5th**

**Castle Caves & High Nellies
tour**

Ballyhoura Beo – 21st May the Nature trail-Green Ribbon Walk followed by guest speaker from Mental Health Ireland, Promoting positive mental health for people in our communities.

Walk starts at 10am- bike trail centre, Ardpark, Co. Limerick at 12-1pm in the Greenwood Inn, Guest speaker John McElhinney from Mental health Ireland. It is free to attend and is suitable for all ages and abilities. Please register your attendance at beo@ballyhoura.org or telephone 063-91300 www.facebook.com/ballyhouralocaldevelopment/

Charleville Park Hotel presents line up 3rd, 12th, and 19th May

Wednesday 3rd May- Charleville Park Hotel presents “A Night with the Starts” country concert Doors open at 7:30pm. **Tickets are €25 each.**

Friday 12th May Dermot & Dave live comedy show. **Tickets are €29 each.**

Friday 19th May Finbar Furey in concert. **Tickets are €25 each.**

For any information on the above events please call us on **063-33701** or follow our link on www.charlevilleparkhotel.com

Fleadh Weekend Line Up-Ballyhoura Comhaltas Ceoltóirí Éireann Excitement is mounting in Kilfinane, Co. Limerick, where preparations are well under way for this year’s 2017 Fleadh Cheoil Luimnigh being held in the town on 31st May to 5th June. Hosted by the local Comhaltas branch, Ballyhoura CCE and The Limerick County Board, this is a first for this beautiful rural town surrounded by mountains, which has been invigorated in recent years by a number of high profile events and festivals. We have Sponsorship opportunities available so please contact us to avail of advertising space in our programme, which will be distributed to over 1000 competitors and attendees. Prices are €50 for a ¼ page, €75 for a ½ page and €100 for a full page advert.

Wednesday the 31st May A singing Seisúin with Nell Ní Chróinín from 8.30pm.

Thurs 1st June Official Opening – **Hup na Hora** Traditional Music, song and dance show by Ballyhoura CCE and featuring some of Irelands finest Musicians. **Seisiúin Trail.**

Friday 2nd June Friday Mol an Oige at 6.30pm followed by dancing competitions. Fleadh Competitions 8pm onwards. **Seisiúin Trail.**

Saturday 3rd June Fleadh competitions **Open Air Market** with artisan food producers **Family Fun Day** in Church of Ireland Aifreann Traidisiúnta 6.30pm Gig Rig open air stage from 4-6pm – Winners performance Regional Dance Exhibition and Ceilí Mór 7.30 – 9.30pm Headline Act – **North Cregg on the Street Ceilí Mór** – 9.30 till late **Seisiúin Trail.**

Sunday 4th June Fleadh Competitions Historical and Outdoor activities by Ballyhoura Beo Comhra Gaeilge/Cupán Tae Gig Rig Open air stage from 6 – 8pm - Winners performance Collaboration between Limerick CCE branches **Seisiúin Trail.** **Monday 5th June** fleadh Tunes a gentle close to a lively weekend! Meet at 12pm Art Workshop and competition

Please contact: Fleadhluimnigh@gmail.com or phone 087-4548501 or facebook.com/cceballyhoura/

Castle Caves & High Nellies Tour

One of a kind, day coach tour exploring the hidden treasures of Ballyhoura Country and beyond, nestled in the lush countryside of the borders of Counties Limerick, Cork and Tipperary, in Ireland’s Ancient East. Cost €30 per person (includes Coach cost & entry fee to Mitchelstown Cave and High Nelly Café entrance to other paid attractions are optional. See tour dates: www.ballyhouraexperience.com or check out Ballyhoura Experience tours on Facebook Guests are collected and dropped off at the following accommodation the Old Bank, Bruff, Charleville Park Hotel, Deebert house hotel, Kilmallock, Ballyhoura Mountain Lodges; and Ballyhoura Luxury Hostel, Kilfinane Don’t delay book Kelly Travel today !!

