



LOUGH GUR i-TRAILS



Magical Lough Gur i-Trail

This short **2.5 kilometre** i-Trail guides you around the lakeside at Lough Gur and brings to life the history, folklore and culture of this enchanting place. Enlivened by **traditional music, song and prose**, this tour enables you to discover Lough Gur's unique archaeological heritage and introduces you to some of the areas most fascinating characters from times past.

Hear about Hempenstall – the wicked hangman known as the "**Walking Gallows**"... Listen to **Sissy O'Brien** recount tales of 19th Century life from the "**Farm by Lough Gur**"... Learn about the **Earls of Desmond**, one of Ireland's greatest noble families, their mighty fortresses at Lough Gur, and how they fell from grace for defying the English crown. And did you know that **President John F. Kennedy's** great-grandfather came from Lough Gur?

The tour also features a short climb revealing spectacular views of the lake. Along the way discover early-Christian dwellings that are over 1,000 years old such as the remains of a farming settlement at "**The Spectacles**" and the "**Crannog**" or ancient lake dwelling at **Bolin Island**.

To explore this captivating area and meet these intriguing characters, download the **Magical Lough Gur i-Trail** for free from www.loughgur.com or www.shannonregiontrails.ie.

Legendary Lough Gur i-Trail

This audio guide reveals more of the wealth of mythology, history and culture to be found at one of Ireland's foremost heritage sites. The i-Trail uncovers **ancient monuments**, unearths **archaeological treasures**, and relates the legends that surround them through **story, poetry and song**. The linear route is about **4.5 km long**, so feel free to walk, cycle or drive as you enjoy this remarkable cultural experience.

Enjoy magnificent views of the **Golden Vale** from the atmospheric, **7th-century stone forts** at **Carraig Aille**... Discover the stories and secrets surrounding ancient monuments such as the **Megalithic Giant's Grave** and **Neolithic dwellings** at **Knockadoon**... Learn about the rich cultural history surrounding **New Church** while taking in musical highlights from the celebrated poet and harpist, **Thomas O'Connell**.

The i-Trail concludes by delving into the archaeology and mythology of the largest and most complete stone circle in Ireland – the **Great Stone Circle at Grange**. What rituals and ceremonies might have taken place here at one of Ireland's most important Bronze Age monuments?

To discover the legends and uncover the mysteries of these spectacular historical sites, download the **Legendary Lough Gur i-Trail** for free from www.loughgur.com or www.shannonregiontrails.ie.



i-TRAILS-EXPLORE THE ANCIENT WONDERS OF LOUGH GUR

Discover the history, mythology and culture of this fascinating heritage area through two unique tours.

Magical Lough Gur i-Trail

- 1 The 'Spectacles' hut sites
- 2 Lough Gur viewpoint
- 3 Carraigcrothera – Hangman's Rock
- 4 Sissy O'Brien and 'The Farm by Lough Gur'
- 5 The Wishing Seat
- 6 The Limekiln
- 7 Archaeologists' commemoration stone
- 8 Car park excavations
- 9 Bouchier's Castle and the Earls of Desmond
- 10 Contemporary Lough Gur
- 11 Bolin Island Crannóg
- 12 The Pigeon House
- 13 Ash Point – The 'Rebel' Earl and Countess Eleanor

Legendary Lough Gur i-Trail

- 1 The Red Cellar Bar
- 2 Carraig Áille Ring Fort I
- 3 Carraig Áille Ring Fort II
- 4 The 'Giant's Grave' Megalithic Tomb
- 5 Neolithic Houses of Knockadoon and Black Castle
- 6 New Church – 'Teampall Nua'
- 7 The Mass Rock
- 8 Grange Stone Circle

Both i-Trails commence at the Lough Gur Visitor Centre. Each tour is of approximately one hour duration.

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