



Coiste Turasóireachta na Carraige

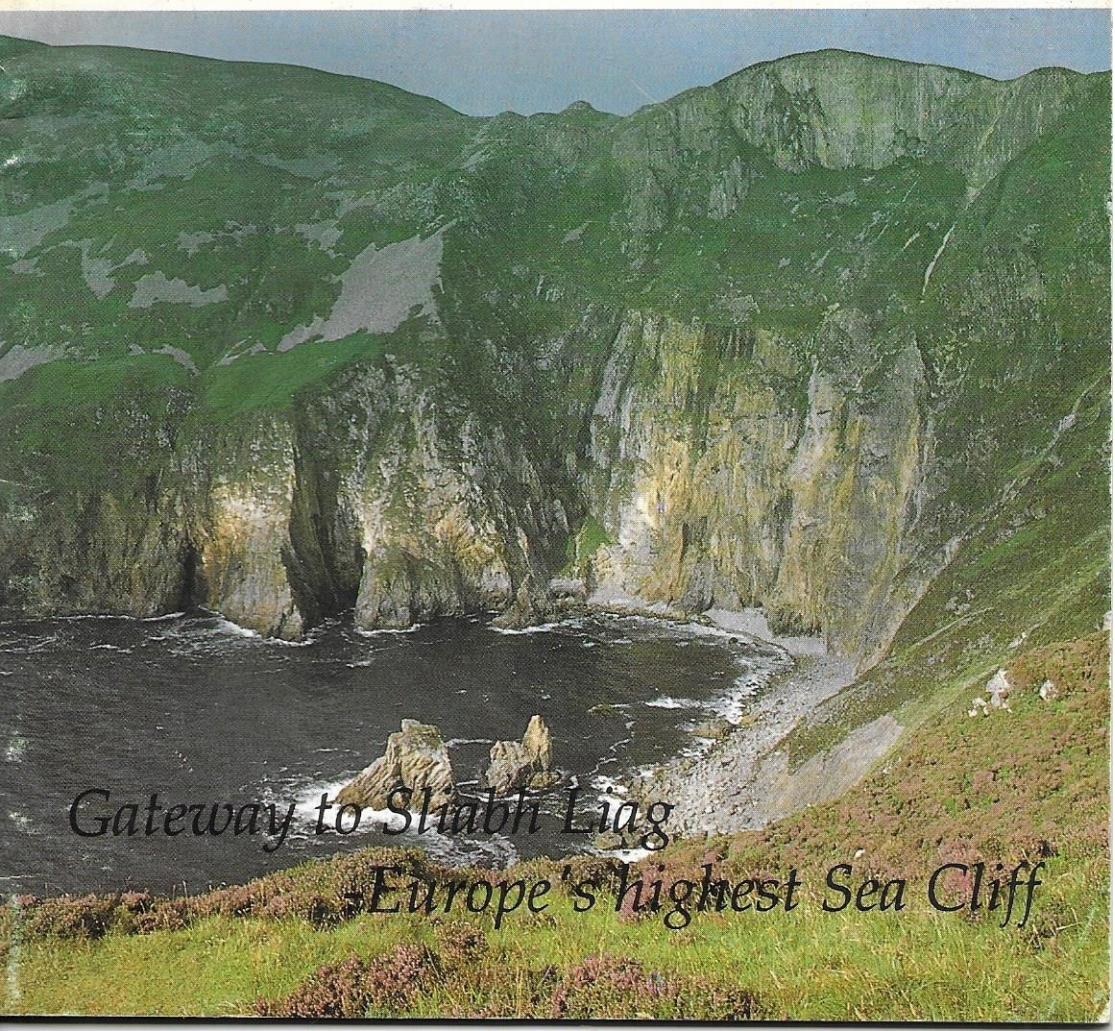
An Charraig, Co. Dhún na nGall

Carrick Tourism Development Committee

Carrick, Co. Donegal

CARRICK

South West Donegal



Gateway to Slíabh Liag

Europe's highest Sea Cliff

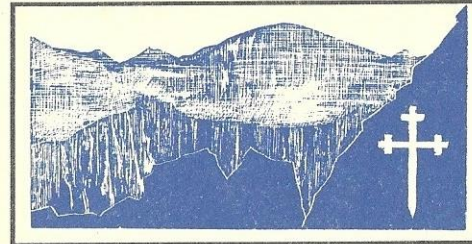
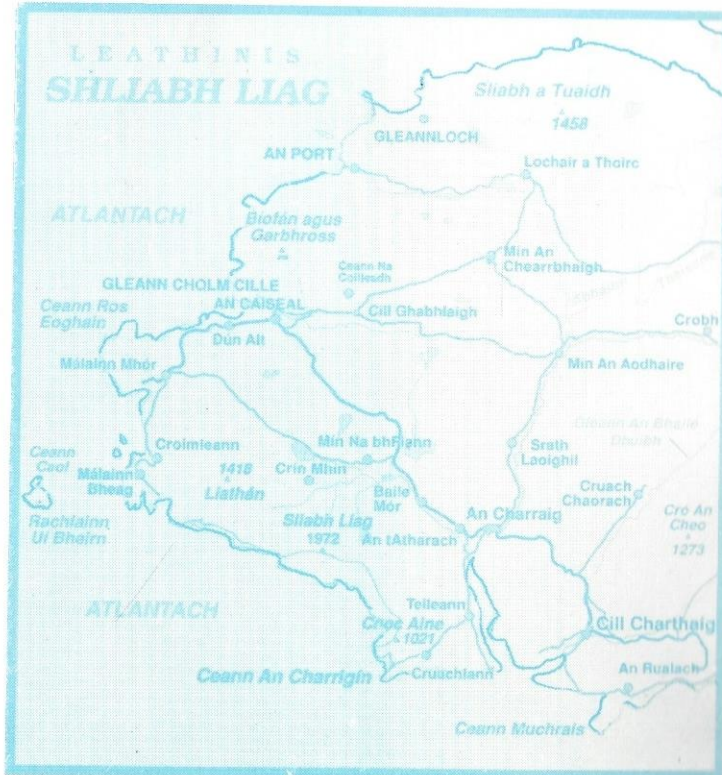
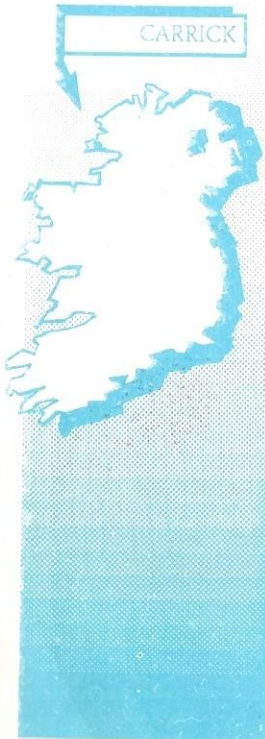
CARRICK CO. DONEGAL

AN CHARRAIG, CO. DHÚN NA NGALL

MAP (right): North West Ireland.
MAP (below right): Carrick Area.

HOW TO GET THERE: Carrick, on the eastern side of the Sliabh Liag peninsula, is 34m west of Donegal Town along the N 56/T 72 road.

DISTANCES	Km.	Miles
Belfast	238	149
Cork	460	288
Derry	129	81
Dublin	279	174
Dun Laoghaire	291	182
Gaiway	263	164
Rosslare	449	280
Shannon Airport	340	212
Tralee	463	289



An Charraig
CO. DHÚN NA NGALL
Coiste Turasoireachta na Carraige

CARRICK
CO. DONEGAL

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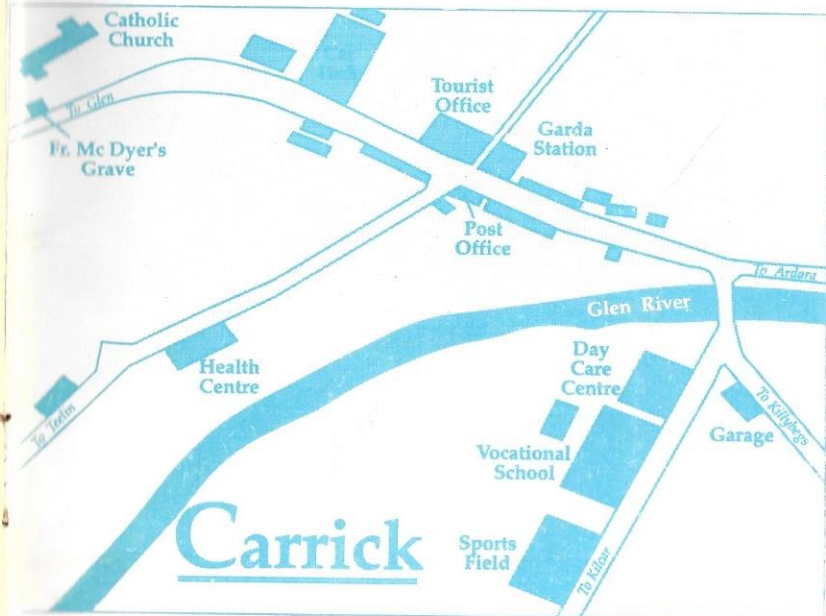
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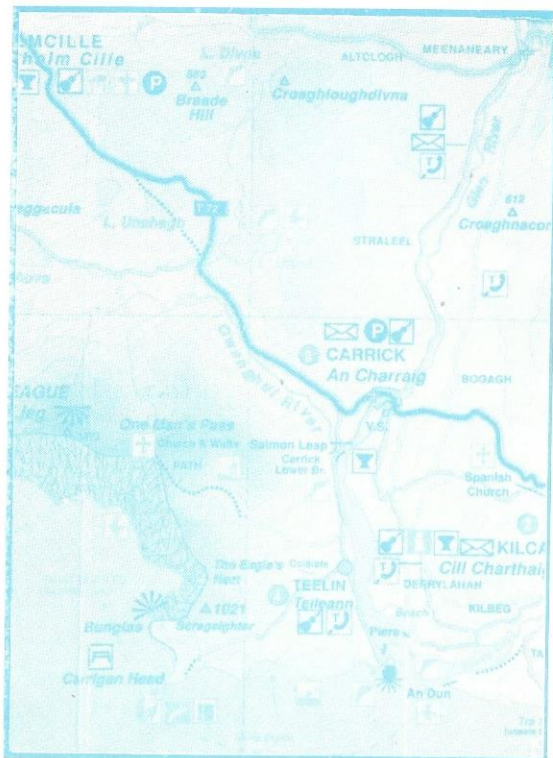
CARRICK AREA GUIDE



CARRICK - Gateway to Sliabh a' Liag - Europe's highest sea cliff.

LEGEND

-  Post Office
-  Garda Station
-  Traditional Music
-  Craft Shop
-  Fishing
-  Tourist Information
-  Telephone
-  Diving
-  Rock Climbing
-  Signal Tower
-  Picnic Site
-  Viewing Point
-  Hill Walking
-  Bird Watching
-  Monastic Site
-  Lighthouse
-  Church

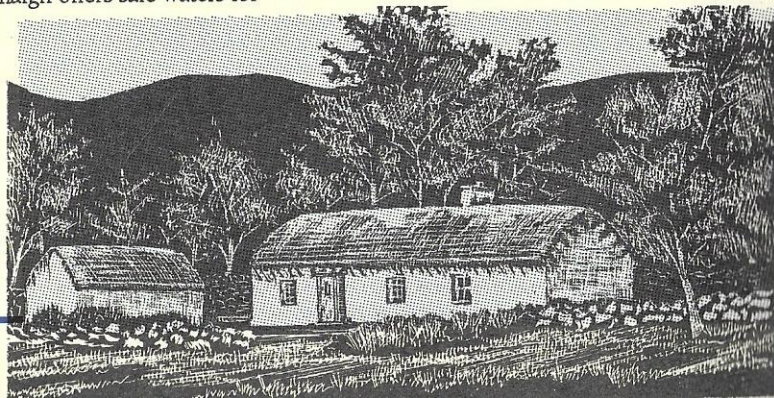


WELCOME

FÁILTE MHÓR NA CARRAIGE
Cuireann Coiste Turasoireachta na
Carrige fáilte croíúil roimh gach
duine chuig an cheantar álainn seo suite i
leathinis Shliabh a 'Liag.

CARRICK, situated at the foot of Sliabh
a' Liag - Europe's highest sea cliff, had
always been the social and economic
centre of the peninsula. The Glen river
which flows through the village marks
the parish boundary between Kilcar to
the east and Glencolmcille to the west.
To the north of Carrick along the river
lies the scenic townland of Meenaneary,
where folklore tells us St Colmcille first
entered our parish from which we take
his name. Facing seawards to the south
the fishing village of Teelin nestles under
the majestic Sliabh a' Liag. Carrick, the
gateway to Sliabh a' Liag and the parish of
Glencolmcille is the ideal location to stay
and enjoy the excellent range of
attractions. It is a haven for anglers, be
they river, lake or sea they will be treated
to a real surprise while the nearby beach
at Port a' Chabhlaigh offers safe waters for
bathing and watersports.

For the most
spectacular
scene, take a
walk, a
drive, or
even a boat
trip to the



Meenaneary Cottages,
Ghuainín Dubh, Carrick

highest sea cliff in Europe or view from
Loch Unna on the Glen road from
Carrick the horse, rabbit, mouse, and
bird silhouettes carved out on the north
face of Sliabh a 'Liag.

Whilst in Glencolmcille visit
the Folk Museum, the cross inscribed
stones of early Christianity, or the
Cultural Institute may interest you.
While among us, you don't have to be a
fluent Irish speaker to attempt a few
words '*as Gaeilge*'.

Take the short walk from
Carrick to Ceim an Easa or the Salmon
Leap where you will occasionally observe
the anglers landing their salmon and
trout at the peaceful waterfalls. Relax in
an unspoilt environment where you will
experience language, culture and
traditions peacefully merging with all the
modern conveniences.

Enjoy your stay

Historic Carrick

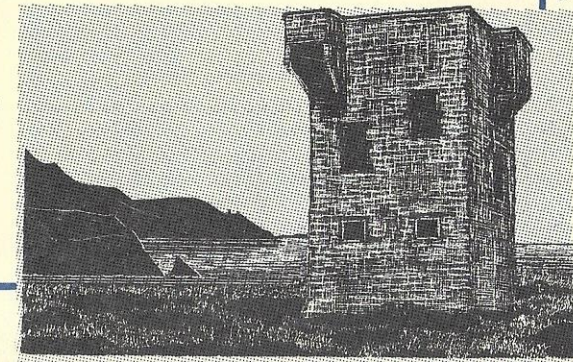
THE Carrick area offers such a variety
of interest, scenic, archeological,
historical, geological, not to mention
song, music and folklore, that the first
time visitor can hope only to sample some
of what is to be seen and heard. Sliabh
a'Liag dominates the lower half of the
Glen River valley and geologists tell us
that its rocks were laid down on the
bottom of a long vanished ocean half a
billion years ago. On a visit to Bunglas or
Carrigan Head we can see the stresses and
strains they have been subject to since.
More recent geological events, the ice ages
of the past million years or so, carved out
the two corries which hold Lough Agh
and Croleavy Lough. The One Man's Pass
overlooks the former and the steep slopes
above the lake provide a unique botanical
and ornithological habitat identified by
the Wildlife Conservation as an area of
international scientific interest.

When the ice eventually melted
about 10,000 years ago, plants, animals
and finally man arrived, probably by sea
into Teelin Bay. Among his earliest
handiworks known to us are
Uaghneenderg and Uaigh an Fhir Fhada
just off the road to Bunglas in
Croaghlin townland. These
megalithic monuments probably
date from the third millennium B.C.

With the coming of the
Christian era tradition tells us that
no less than five saints and six
pilgrimages, (*four in Glen and two
in Teelin*) are associated with the

Parish of Glencolmcille. There are few
areas of similar size in Ireland that can
claim to have such intimate and enduring
association with five saints who
incidentally were Aodh MacBricne,
Athnaid, Conall, and Asicus, and of
course Colmcille. Surviving remains from
that period are to be seen on the top of
Sliabh a 'Liag and Rhannakilla. Aodh
MacBricne's monastery on Sliabh a 'Liag is
the earlier of the two, he lived in the sixth
century and was famous for his ability to
cure headaches. On the mountain top are
the remains of his church, holy well and
cairns of stones connected with his
station. The holy well Tobar na mBan
Naofa in Rhannakilla with its surrounding
structures is probably slightly later and
later still is the ruined church on the pier
at Teelin point. The church is built partly
of water rolled boulders reminiscent of
the round tower on Tory Island. Tobar na
mBan Naofa - the Well of the Holy
Women is dedicated to three nuns named
after the Christian virtues of Tuigse,
(*understanding*) Ciall, (*sense*) and Naire,
(*modesty*).

(continued overleaf)



Towards Bunglas and Carrigan Head from Mainbeg Wachtower.

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Historic Carrick (contd.)

A

turas or pilgrimage is still made to it on 'Bonfire Night' the eve of the feast of St. John. In bygone days the pilgrims sat up until daylight praying all night at the well, and keeping a bonfire alight. Fishing fleets sailing out of Teelin Bay traditionally lowered their sails in salute on passing Tobar na mBan Naofa. Tobar na Corrach or Well of the Fair Winds is nearby and during a storm at sea it was believed that by cleaning and respecting this holy water, favourable winds would speed the fishing fleets home safely.

Until the 1820's the area was rather inaccessible except by sea but this all changed with the construction of Carrick bridge in 1824 leading to the growth of the village and the advent of a Post office, Police and Revenue Police in quick succession.

Before the church was built in 1862 the only facility the people had for public worship was a *scalán* or mass house which can be seen to the present day. About 1829 the penal laws against catholics was abrogated and as a result every parish throughout Ireland was building churches. It is to the eternal credit of the Carrick people that to save expense they carried in their hands Sunday after Sunday the stones that built St. Columba's Chapel as they walked their way to Mass.

From time immemorial the parish of Glencolmcille had always been church land, but it passed into the hands

of the Church of Ireland during the time of the Ulster Plantation who later sold it to the Conolly's of Castletown, Kildare. Tradition bathes their reign in a rosy retrospective glow which may not have been entirely deserved. In 1867 they sold the estate to the Musgraves from Belfast who soon acquired a different reputation. They were frequently at odds with clergy and laity until the estate was purchased by the Irish Land Commission around 1920.

The years since then have seen changes undreamt of by our forefathers, in language, culture, employment, industry, and migration. Probably more people have moved into the area in the past 20 years than in the previous 200 so that as well as being a very old community we are also a very young one. As we try to combine the best of the old values with the most useful of the new, we recollect that we have existed as a community in this very beautiful if sometimes spartan valley for five millennia and we face the next millennium with confidence and hope.



C

arrick Today

T

HERE are still some fine examples of vernacular architecture to be seen in the surviving thatched cottages of the Carrick area. Built of local stone, the distinctive rounded thatched roof of straw secured with a network of ropes and whitewashed walls blend comfortably into the landscape.

Visitors can relive the past through the medium of the Folk Museum Complex in Glencolmcille where there are replicas of buildings used by local people over three centuries. This centre was founded by Father James McDyer who was involved in cooperative endeavours and development projects in our parish.

While farming and fishing still provides the main livelihood, the area's rich tradition in woollen handcrafts still supplements the income of many families through the cottage industries of spinning, handknitting, weaving, crochet and lace embroidery. Mechanisation has taken its toll on these ancient handcrafts of high quality and demand fell due to high costs. Emigration and unemployment is high due to the decrease in demand for locally produced goods and the lack of replacement industries.

WHILE TOURISM was never a significant employer in neighbouring Kilcar and Glencolmcille until the late 1960s, Carrick always had a thriving industry due mainly

to the huge attraction of Sliabh a'Liag and the Carrick fishery system. Indeed as far back as the 1860s Carrick was an established fishing, hunting, and hillwalking resort with the old Glencolmcille Hotel (*next door to Doc's Bar*) playing host to many dignitaries of the time. Carrick is where the parish priest of Glencolmcille resides and over the years has had many distinguished priests including the renowned Canon McDyer whose grave is located inside the church gate by the Grotto. Evidence of his pioneering spirit of communal effort through local enterprises can be found in the Folk Museum or Clachan in Glen. Over the past twenty years Carrick village declined due to the lack of any successful local developments such as transformed the neighbouring villages. But change is now imminent with the acquisition of the Carrick Fishery and the vibrant community initiatives which target tourism products like angling and hillwalking as the main potential to provide sustainable employment and stem the high rate of emigration.



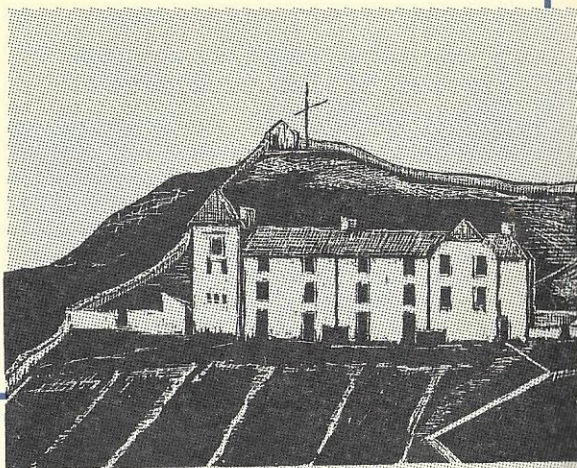
Glen Road to Carrick.

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EELIN has always been a landmark on international shipping lanes, appearing on European maps as far back as 1327. Trade was carried on with Spain in the 16th century and in one particular reference in 1608 Teelin was described "One small village for herringe and sometymes for Salmon in the creek or bay Teelin."

However, fishing was always hampered by the difficulty of getting the catch to market. But this very isolation proved to be a boon in other circumstances as after the Napoleonic Wars the British taxed tobacco heavily to pay for their victory. As a result smuggling flourished and much of it was through the unguarded and extremely difficult coastline of southwest Donegal with Teelin being the favourite landfall. The advent of the coastguards in 1823 dealt a severe blow to smuggling and a lesser one to its companion enterprise of poitín (*poteen*) making. Many exciting and humorous tales remain in the folklore of the area connected with this colourful period. With the Act of Union in 1800 the Napoleonic threat prompted the British to build Watchtowers along the coast and as part of a chain of towers from St. John's Point to Malin Head. Three were built in the parish around 1804 at Carrigan Head, Malinbeg, and Glen Head and are still in reasonably good condition.

When the Congested Districts Board was formed by the British Government after decades of neglect to alleviate the poverty by setting up new industries. Teelin's potential was recognised as new boats were provided along with the setting up of a fish curing station. While Killybegs today is Ireland's leading fishing port, only five punts fished for mackerel in 1890 while 18 fished out of Teelin. In 1893 the Coast Guard Commander based at Killybegs reported Teelin as having the largest fish landings in his division and this pattern continued until the turn of the century. The provision of two zulus in 1896 boosted the landings significantly. In 1898 Teelin was described as the most prominent cod fishing port in Ireland while Killybegs with its deep harbour and fine pier seemed to be developing as a cargo and general commerce port.



Coastguard station - circa 1900's

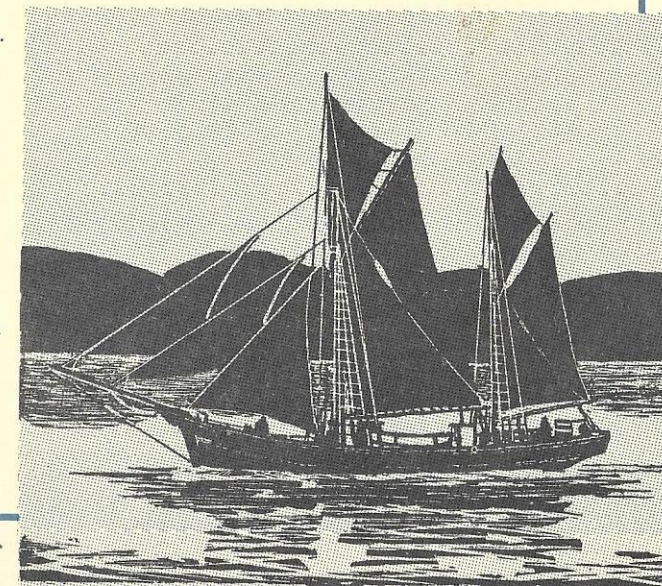
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ANY ships have been wrecked off the Teelin coast and we are indebted to Comisiún Béaloideas na h-Eirinn for a wide range of stories (84 volumes - 500 page per volume) on all aspects of life recorded down the years on their behalf mainly by one of Teelin's famous sons - Sean O'hEochaigh.

With the increase in road transport coupled with the mining of Donegal Bay during the First World War, maritime traffic decreased although a fleet of smacks was locally owned in Teelin by the Carr family. Many of the smacks at that time were built locally at Doire Leathan. The Chestnut family owned a fine trading ketch called the *MILLBAY* which worked out of Teelin and Cladnageragh pier and traded around the Irish Coast and the west coast of Scotland until she was sold in 1944. Most of the maritime traffic of today comprises of the main unit of the Irish fishing fleet out of Killybegs and merchant shipping carrying processed fish to Africa, Egypt, and Japan.

While inshore fishing is still a feature, the Carrick Fishery under the management of the Sliabh a'Liag Angling Association has embarked on an ambitious plan to return

the Fishery to its former state under a restocking and conservation programme. It is envisaged that this community development project will protect and strengthen the age old traditional craft of ringnetting or "dulling". Though not always the most economic method of fishing the fishermen of Teelin Bay have kept it alive through difficult times.



Trading Ketch 'Millbay'.

FOR the naturalist, this area of Donegal contains a rich and varied series of habitats. These include mountains, moorland, bog, lakes, sand dunes and sea cliffs, each of which contains its own unique flora and fauna.

On the rocky seashore there are species which can survive salt spray generated by sea storms. A colourful cushion forming plant is the beautiful Sea Thrift (*Ameria maritima*). Other plants to be seen on the shore include Sea Rocket (*Cakile maritima*) and the yellow flowered Kidney Vetch (*Anthyllis vulneraria*). Depending on the movement of the tides brown, green and red, algae can be seen in the rock pools, including an edible seaweed known as Carrigeen Moss (*Cronus crispus*). On rocks and stones throughout the area many crustose and bearded lichens are seen, some of which have been used in wool dyeing.

The shifting sands blown by Atlantic winds are stabilised into large sand dune complexes by the coarse and spikey Marram Grass (*Ammophila arenaria*).

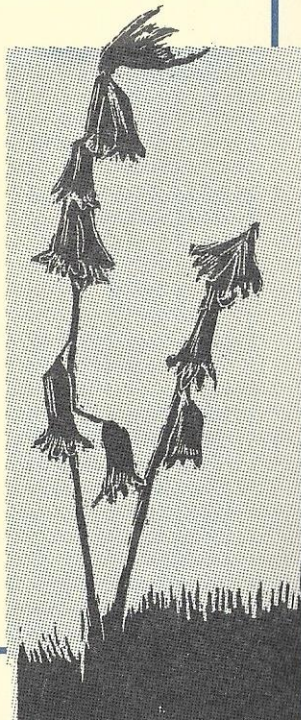
Rich colourful pastures and meadow abound in the area on the lower parts of the valleys. Grasses are common and in some fields a sheet of blue colouration is added by the flowers of the Bluebell (*Endymion non-scriptus*) especially in May and June. Fuchsia (*Fuchsia magellanica*) is common in the hedgerows along with the fronds of ferns such as Bracken (*pteridium aquilinum*)

and the Royal Fern (*Osmunda Regalis*).

Along the boggy mountain lake shores plants such as White-water lily (*Nymphaea alba*) Pondweed (*Potamogeton species*) float on the water surface while Water Rushes (*Scirpus Lacustris*) emerge above the water to form reed beds.

The bogs or peatland of Carrick are surprisingly rich in wildlife and blanket much of the landscape of the area - their formation dates back 4000 years. At this time the climates became wetter and led to widespread water-logging of soils. This water-logging combined with a lack of oxygen prevented rotting of dead plants, with the result that acid peat accumulated.

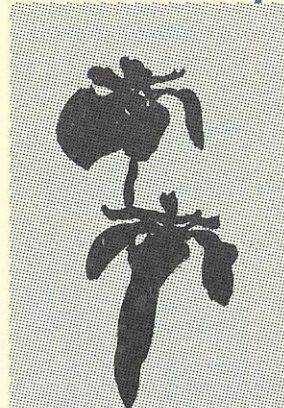
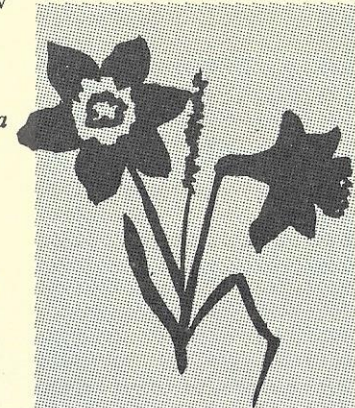
This type of blanket bog along the Atlantic coast of Ireland has a very limited distribution through the world, making it of international importance and unique in Europe.



BOGS possess a community of plants and animals which are uniquely adapted to the wet acid habitat conditions. The flat bog surface is dominated by grass and Sedge species, principally Purple Moor Grass (*Molinia caerulea*), Deer Sedge (*Scirpus cespitosus*) and the well known Bog Cotton (*Eriophorum angustifolium*). Among these grass-like plants occasional blue flowers of Milkwort (*Polygala serpyllifolia*) and Tormentil (*Potentilla Erecta*) with its bright yellow flowers is readily identifiable.

A gently undulating system of hummocks and hollows occurs on the bog surface. The hummocks formed by Bog Moss (*Sphagnum*) are the driest places on the bog, and, here dwarf Ling Heather (*Calluna vulgaris*) and Bell Heather (*Erica cinerea*) occur together with grey Lichens (*Cladonia*).

The damp hollows contain the yellow flowered Bog Asphodel (*Nartheicum ossifragum*) and the pink flowered Cross Leaved Heath (*Erica Tetralix*). The beautifully adapted insectivorous Sundew (*Drosera Rotundifolia*) is found in these areas where the tiny spoon-shaped leaves with sticky red tentacles may attract attention.



The visitor to Carrick will be rewarded by a glimpse of a blanket bog landscape which has become rare in Europe and is under increasing threat even in western Ireland, from afforestation, over-grazing, drainage and erosion.

Further information on 'Save The Bogs Campaign' can be obtained from the:

**Irish Peatland Conservation Council,
Capel Chambers,
119 Capel St.,
Dublin 1.
Phone: 01-8722397**

I.P.C.C. membership forms can be obtained in the Tourist Information Office Carrick or the Lace House Cashel.

O

ESPITE the limited vegetation, over one hundred species of bird can be seen in the Carrick area. We can divide their habitats into coastal, moorland and lowland.

COASTAL SPECIES: All species of Gull common to Ireland are found here. There is an abundance of Black Guillemot and the Curlew is very common. In wintertime plentiful supplies of Gannets can be found out at sea and there are breeding colonies further north. The Peregrine falcon is now a rarity, but can be found on occasion.

MOORLAND SPECIES: Typical moorland species include the extremely common meadow pippits, golden plover, ravens, hooded crows and the occasional red grouse.

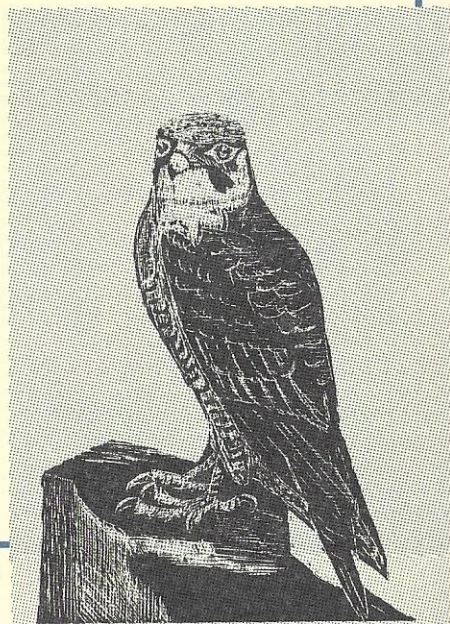
LOWLAND SPECIES: It is in this category that the sparse vegetation has the greatest effect. There are very limited hedgerows to give cover, but, where these exist a wide variety of species can be found. The most common are the blackbird, thrush, willow warblers, robin, etc.

SEASONAL MIGRANTS: Perhaps the most interesting aspect of bird life in the area is the variety of seasonal migrants. The most popular is the cuckoo, arriving in mid-April. Wheatears arrive a month earlier and the swallows also in April.

Sliabh a' Liag falcon.

Winter migrants include the whooper swans who decorate our lakes from October to April. The white fronted goose is less common but not a rarity. We find the redwings and fieldfares in the winter pasturelands. Unlike many parts of Europe, the birdlife of Carrick - in terms of species and numbers - remains relatively constant. However, over the last decade, numbers of several migrants have fallen, especially notable is the (almost) complete extinction locally of the corncrake.

PLACES LOCALLY OF PARTICULAR INTEREST: Teelin Bay, Bunglas, Lough Agh, Glen Bay, Skelpoonagh Bay, Etc.



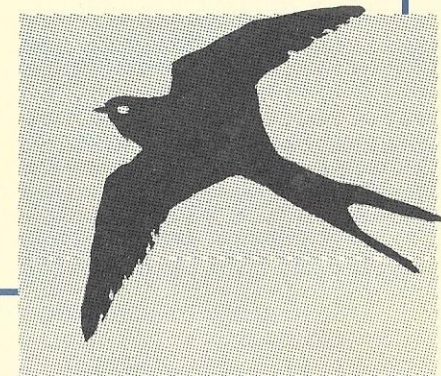
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SPECIES SEEN IN THE AREA

Great Northern Diver
Great Crested Grebe
Fulmar
Gannet
Cormorant
Shag
Grey Heron
Brent Goose
White-fronted Goose
Mute Swan
Whooper Swan
Shelduck
Mallard
Teal
Wigeon
Eider
Common Scoler
Red Breasted Merganser
Sparrowhawk
Peregrine
Merlin
Kestrel
Red Grouse/Willow
Pheasant
Water Rail
Moorhen
Oystercatcher
Ringed Plover
Golden Plover
Lapwing
Turnstone
Dunlin
Sanderling
Red Shank
Common Sandpiper

Bar Tailed Godwit
Curlew
Snipe
Little Gull
Black Headed Gull
Herring Gull
Great Black-backed Gull
Common Gull
Sandwich Tern
Razorbill
Black Guillemot
Wood Pigeon
Rock Dove
Collared Dove
Cuckoo
Swift
Kingfisher
Lark
Sand Martin
Swallow
House Martin
Meadow Pipit
Grey Wagtail
Pied Wagtail
Dipper
Wren
Dunneck
Sedge Warbler
Whitethroat
Willow Warbler
Goldcrest
Raven
Rook
Jackdaw
Chough
Magpie
Starling

Tree Sparrow
Sparrow
Bullfinch
Red Poll
Linnet
Tuite
Goldfinch
Siskin
Chiff Chaff
Pied Flycatcher
Spotted Flycatcher
Whinchat
Stonechat
Wheatear
Robin
Fieldfare
Blackbird
Redwing
Thrush
Long-tailed Tit
Coal Tit
Blue Tit
Great Tit
Tree Creeper
Yellow Hammer
Reed Bunting
Chaffinch
Greenfinch



Fishing

14

BECAUSE of its geographical location, Carrick is blessed with a variety of good fishing water. It can cater for all tastes no matter how disparate. These waters can be dealt with under the natural headings of sea, lake and river.

SEA FISHING; Because of the long coastline there is an abundance of good rock fishing. A wide variety of species are caught in this area. Pollock is the local favourite and plentiful, so also is gurnett, bream, codfish and mackerel when chasing the sprat. Other species are caught but they are less plentiful.

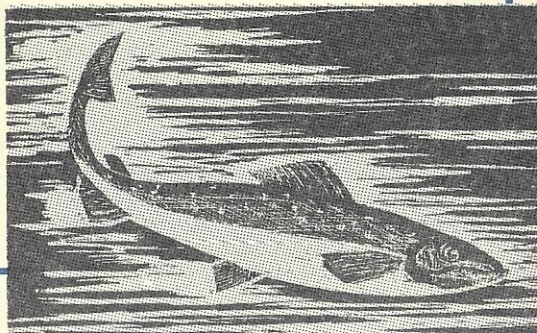
Each fisherman has his own favourite bait and favourite fishing rock. The most popular baits are the homemade fly, lug worm (*though the ordinary garden worm can be very effective*), feather, spinner, trace and a good lure. The bait used will depend on the weather and the state of the tide. When going rock fishing in this area a word with the locals can mean the difference between a good evenings fishing and frustration.

For sea angling boats contact the Tourist Information Office in Carrick village. The local Teelin Bay Sea Angling Club have regular outings and their annual sea angling festival is on the weekend of the 12th July

LAKE FISHING: This can be very rewarding, although less frequently availed of by locals, because of their

preference for salt water fish. The area can boast of twelve trout lakes, which have not been exploited to any great extent. If you enjoy lake fishing and peace and solitude, this is the type of fishing for you. Some of the lakes are easily accessible and offer good fishing for sea trout and brown trout. These are Lough Geeta, Divna, Unsagh, Auva, Unna and Lougheraherk (*the latter two can offer the occasional salmon*). Other good brown trout lakes are less accessible. There are two at the base of Slieve League, which offers good prospects, and two smaller lakes on the top of Cashel Hill. Glenlough has its own lakes for the more adventurous.

Lake fishing in this area is a sport only for the fly fisherman. The mood of the lakes constantly changes, as does the colour. The fly fisherman needs no lessons, although it is an advantage to know the flies suitable for the area. The most popular would be the traditional ones used on the lakes in the West of Ireland - Butcher, Wickham's Fancy, Connemara Black, Green Olive and Black Gnat.

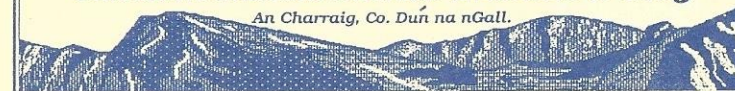


Fishing (contd.)

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Cumann Iascaireachta Shliabh a' Liag

An Charraig, Co. Duín na nGall.



SLIEVE LEAGUE ANGLERS' ASSOCIATION
Carrick, County Donegal.

RIVER Fishing: This is possibly the most popular form of fishing to the visitor and because of weather conditions it would be unlikely that a visitor would spend his annual two weeks without having three or four suitable days fishing.

Bait fishing is confined to one area of the river . . . at the waterfall or, as it is known locally, the Salmon Leap. Any of the lures is suitable when the river is at medium level. The silver or gold Toby is usually rewarding, as is the Meps. For the visitor who enjoys fly fishing the rivers offer good scope. The Glen river can be fly fished on either side of the bridge from March to October. The Yellow river (*a tributary of the Glen river*) is at its best in July and August. Suitable flies for local conditions would be Wickham's Fancy, Hare's Ear, Thunder and Lightning, Butcher, Connemara Black, etc.

Angling permit costs range from £8 daily, £10 weekly, or £25 seasonal.

SALMON AND TROUT FISHING ON THE CARRICK FISHERY

The Carrick Fishery is situated in South West Donegal and consists of four Spate Rivers (Glen, Owenbhui or yellow, Crow, and Owenteskiny) and nine lakes (Agh, Aubha, Inseach, Doimhne, Unna, Lougheraherk, Geeta, Durlough, Loughnalughraman).

Now under new management

of the local Sliabh Liag Angling Association the Fishery is now being developed to return it to its former excellence.

The main river of the Carrick Fishery is the Glen River. It rises in the northern end of the Sliabh Liag Peninsula at the source lake Lughraman and winds southward through scenic moorland valleys flowing through the village of Carrick and on to "*Ceim an Easa*" or the Salmon Leap before entering Donegal Bay at Teelin estuary.

The Owenbhui or yellow river shares the same estuary as the Glen river and drains several excellent lakes including Doimhne, Inseach which holds good stocks of Brown Trout while Lake Unna offers the fisherman Sea Trout and the occasional salmon.

While lake fishing is a sport mainly for the fly fisherman, as all rivers are Spate rivers which rise and fall very quickly so that within the course of a day they could be suitable for bait, lure or fly.

The main grilse run commences at the end of June while a small run of Salmon begins in May. Come August the larger Summer fish arrive.

All information available from:

McGinley's Central Stores
The Workshop, Teelin Road.
Tourist Information Office.



General Information



CARRICK GENERAL FACILITIES

BANKS: Bank Of Ireland; Wednesday 10.30 am - 1.00 pm McIntyre's House (*Beside Enright's Bar*). Carrick.
 All banks in Killybegs; 9.00 am - 12.30 pm, 1.30 pm - 3.00 pm. 5 pm closing on Thursday.

POST OFFICE: Carrick, Teelin and Meenaneary
 Mon - Fri: 9 am - 1 pm, 2 pm - 5.30pm.
 Saturday: 9 am - 1 pm.

SHOPS: Carrick, Teelin, and Meenaneary

PUBS: Carrick, Teelin, and Meenaneary

CHURCHES -
 ~ St Columba's Chapel (*Roman Catholic*) Carrick - Sunday Mass: 11 am Saturday Evening: 7 pm.
 ~ St Patrick's Chapel (*Roman Catholic*), Meenaneary. Sunday Mass: 9.30 am.
 ~ St. Columba's Church of Ireland at Straid (*Near Cashel*)
 Sundays - Holy Communion (*see Church Notice Board*)

DISPENSARY (Medical Centre): Monday and Wednesday at Carrick 2.00 - 4.00 pm.

LAUNDERETTE: Killybegs and Cashel

FOOD:

~ Olivers' "Rendez-vous" Cafe and Take Away, Carrick
 ~ Glencolmcille Hotel, Malinmore
 ~ Lace House Cashel
 ~ "An Bradan Feasa" (*Foras Cultuir Uladh*)
 ~ Folk Museum, Glencolmcille
 ~ Blue Haven, Kilcar
 ~ Village Restaurant, Kilcar

SNACKS: Pub Grub available in Carrick, Teelin, and Meenaneary

GARDA (Police): Garda Station in Carrick 10 am - 1pm

PETROL: Meenaneary or Kilcar

GARAGE/TYRE REPAIRS: Carrick

REFUSE COLLECTION: Wednesday mornings on main roads. 50p tickets available in McGinley's Supermarket.

HAIRDRESSER: Carrick

ACCOMMODATION: Enquire at Tourist Information Office (073-39007)

TRADITIONAL MUSIC: Tapes by local musicians available in Tourist Information Office.

(Continued Overleaf)



General Information (contd.)



BOOKS

Some books are available in the Tourist Information Office on the following subjects:

Archaeology: "*Glencolmcille*" - 5000 *Years In Stone* by Michael Herity.
 Folklore: "*Fairy Stories of Donegal*" by Sean O'hEochaidh.
 "*Kilcar Hearth*" by Michael O'Donnell
 Traditional Music: "*The Northern Fiddler*" by Alan Feldman. A wide range of records and tapes on local musicians are available.
 Rockclimbing: "*Rockclimbs in Donegal*" by Dawson Stelfox
 Hillwalks: "*Irish Walks Guide/ 3 North West*" by P. Simms. G. Foley.
 "*The Riches of Glencolmcille*" by Fr. McDyer.
 Social: "*The Glencolmcille Story*" by Fr. McDyer.
 Hand Crafts: "*This is Donegal Tweed*" by Judith Hoad.

LEABHRÁI GAEILGE LE FÁIL SAN OIFIG FÁILTE:

"*Oidhreacht Ghleanncolmcille*" le Seosamh Watson.
 "*Sí Scéalta Thír Chonail*" le Sean O'h-Eochaich.
 "*Seandálaíocht a nGleann*" le M. O'h-Oireachtaigh.
 "*Cnuasach Focal as Teileann*" le Úna M. Uí Bheirn.

BUS SERVICES

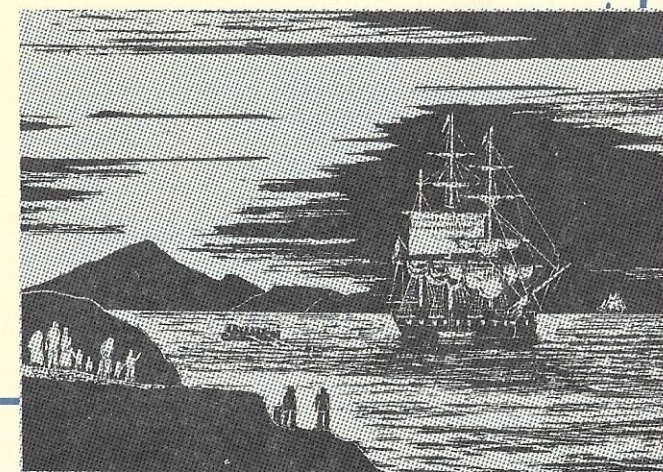
Bus Eireann:

Weekdays and Saturday - Depart Carrick 8.41 am Arrive Donegal 10.10 am
 Additional Saturday: - Depart Carrick 12.06 pm Arrive Killybegs 12.40 pm

McGEEHANS Private Coaches (Tel: 075-46101)

CARRICK - DUBLIN
 Mon-Sun: Depart Carrick 7.40 am Arrive Dublin 1.00 pm
 Additional Sunday: Depart Carrick 3.10 pm Arrive Dublin 8.00 pm
 Additional Friday: Depart Carrick 3.00 pm Arrive Dublin 8.00 pm
 DUBLIN - CARRICK
 Mon-Sun: Depart Dublin 6.00 pm Arrive Carrick 11.00 pm

Emigration ship leaving off Teelin, circa 1841.



M

MOUNTAIN WALKS: For the visitor who seeks their pleasure in outdoor exertion there is no better place in this continent than the coastal walks of Slaibh a' Liag and Sliabh a' Thuaidh. Renowned Ulster way hillwalker and author Alan Warner agrees with the great Irish botanist and traveller Lloyd Praeger who wrote after walking locally "*If you ask me what is the best county in Ireland to walk in, I reply Donegal*". Sliabh a' Liag or the mountain of the flagstones is the highest sea cliff in Europe and from Bunglas the Giant's desk and chair can be viewed, and if visibility permits the mountains of Connaught will stand out clear across Donegal Bay. So great was the fame of Naomh Aodh or St. Hugh and so prestigious was the turas or pilgrimage which had been perpetuated in his memory that Sliabh a' Liag ranked with Mt. Brandon in Kerry and Croagh Patrick in Mayo, as one of the three holy mountains in Ireland. Besides the magnificent scenery the area is of immense interest to the ornithologist and geologist.

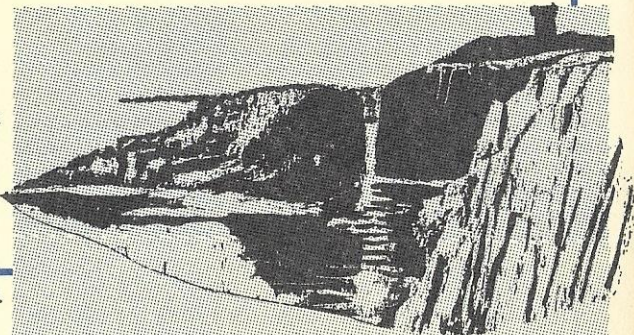
SWIMMING at the nearby sandy beach of Port a' Chabhlaigh is safe and clean even though the black tracks in the sand may look off-putting, it is only the turf mould carried from the bogland by the small stream at the top of the beach. There are also three lovely

beaches in Glencolmille but the jewel among the crown is the sheltered cove known as the Silver Strand at Malinbeg.

BOAT TRIPS are available from Teelin Pier on the Bangor Crest. Full information and times from the Tourist Information Office or the workshop. Brochure also available.

ROCK CLIMBING: South West Donegal, from Muckcross Head to Port, offers a combined total of almost 100 routes or climbs. Over 50 of these are listed at Malinbeg and Sliabh a' Liag. They are graded "Difficult" to "Extremely Severe". (*Consult handbook, The Federation of Mountaineering Clubs of Ireland, Edited by Dawson Stelfox, the first Irishman to scale the summit of Mt. Everest in 1993*)

DIVING: The pollution free waters along the coast make it ideal ground for diving. Malinbeg and Teelin are the most suitable bases, with compressor facilities available at the Malinmore Adventure Centre.



Malinbeg Watchtower.

W

WINDSURFING: Three excellent beaches together with many lakes make Carrick a natural centre for such activity.

HANG GLIDING: The Hang gliding Association of Ireland has indicated that nearby Glencolmille is a most suitable part of North-West Ireland for practice and training.

PONY TREKKING: at scenic Derrylahan, Kilcar. Just 2 miles from Carrick. The Tourist Information Office will give full details of times and prices.

TENNIS: A hard court is situated at the entrance to Pairc na nGael in Glen and is available to visitors. Racquet's can be hired at Lace House.

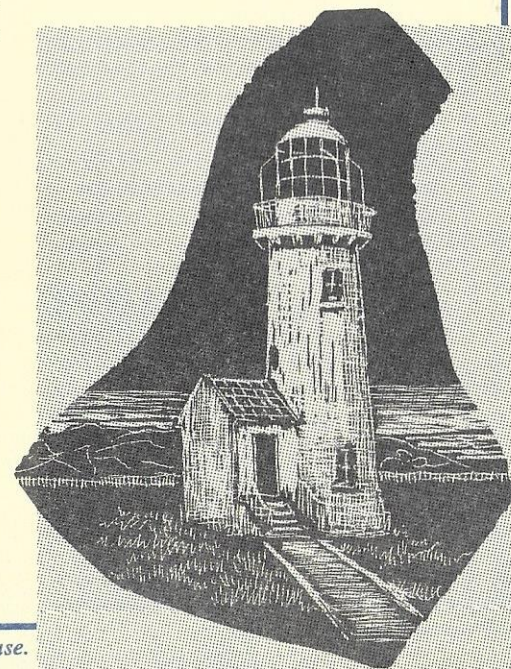
INDOOR HANDBALL/SQUASH: A modern indoor handball alley is located at Malinmore Crossroads. Permission to play may be obtained by contacting Malinmore Adventure Centre.

GOLF: Narin/Portnoo, 30 minutes by car. Murvagh (*outside Donegal Town*), 50 minutes by car.

GAELIC FOOTBALL: Facilities available. Contact: Naomh Columba G.A.A. Club.

MALINMORE ADVENTURE

CENTRE is a purpose built outdoor pursuits centre in Glencolmille, and can cater for up to sixty people in 2 and 4 person bedrooms which are centrally heated. Overlooking Rathlin O'Byrne Island and Malin Bay, the centre is situated between Slieve League (*the highest sea cliff in Europe at 600m*) and the hills and glens of West Donegal. Full range of Activities Programme from Lace House Centre. (*Tel. 073130116*)



Rathlin O' Birne Lighthouse.

THE wild and rugged beauty of the Carrick area has always attracted a wide range of distinguished artists over the years. It was the view of Sliabh a' Liag mountain from Clogher, one mile from Carrick, that inspired the Ballyshannon poet William Allingham to compose his best known poem "The Fairies" while working in the area as a customs officer.

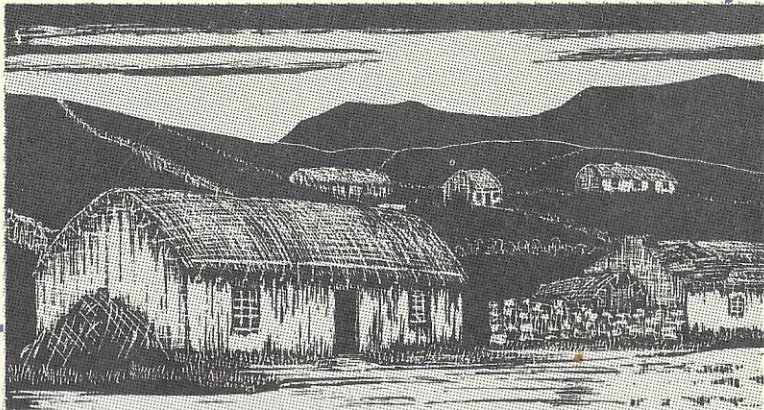
This poem has immortalised the area's rich folklore associated with the "wee people" as indeed has the excellent collection of short fairy stories published by local collector Sean O hEochaigh. American painter Rockwell Kent stayed at Glenlough for four months in 1926 before returning to New York to mount two successful exhibitions of his work associated with the area. His time here appears to have been enjoyable as his memoirs states that "he sought a little house beyond mankind - and in Glenlough there was that Presence." Here, he occasionally drank poitin with the locals, swam at the Cladach Mor and climbed Slievetooley with the result that his parting toast to his friends was "I've travelled north and south, east and west in search of mountain peaks; but

never until now have I found peaks whose summits reached so near to God as do you men of Donegal."

Dylan Thomas spent at least one summer in Glenlough in the 1930's and from his writings it appears that he was not as impressed as Kent with the area.

The arts are not solely confined to the past as there is a highly acclaimed drama society 'Aisteoiri Theileann,' while the local fiddle tradition for which the parish is justly renowned is currently carried on by Con Cassidy, James Byrne and accordion player Dermot Byrne. John Doherty lived for several years in Carrick while Frank Cassidy hailed from Teelin. A traditional music archive is currently being set up in Foras Cultur Uladh.

Carrick also has an equally rich tradition in handcrafts such as lace embroidery, spinning, weaving, and handknitting. A number of manufacturing firms continue these industries in a more mechanised format and there are many bargains in factory shops.



Cottages at Cappagh.

GALLAGHER'S Craft Shop
Main Street, Carrick
Woollen Knitwear &
Antiques & Bric-A-Brac.

MICHAEL BYRNE'S Craft Shop
Roxborough - 1 mile from Carrick.
Call and see hand loom at work.
Specialist in oiled and unoled knitwear.

FOLK MUSEUM CENTRE - Doonalt:
Founded in 1967, this centre is built in the form of a village, each house being the exact replica of the dwellings used by the local people in each of the three successive centuries and is equipped with the furniture, artifacts and utensils of its particular period. In addition, a school, shebeen, craftshop, tea room and bakery have been built. The Museum Centre is open daily from Easter to the end of September. Guided tours of the buildings and continuous film shows pertaining to local events and monuments are a feature of the centre. A fine range of knitwear produced at the Co-op factory is on view in the Folk Museum Craft Shop.

FORAS CULTUIR ULADH: (*Ulster Cultural Centre*). This building incorporates exhibition room, archaeology display area, traditional music, archives and lecture rooms, restaurant and craft shop. The centre is the venue for various Glencolmcille summer schools - Irish language and

culture, archaeology, painting, folklore and set dancing. Check Oideas Gael Brochure and calendar of events.

MARINE ART GALLERY - Straid
This Gallery is an annex to the studio of marine painter Kenneth King and welcomes all who have a particular interest in shipping and the sea.

A collection of marine paintings in oils depicting the naval and merchant shipping of Ireland, together with the country's coastline and lighthouses, is on exhibition daily from May to September and at other times on request.

CROW POTTERY - Doonalt: Objects of taste and distinction. Pottery open during the summer and interested visitors welcome.

ROSSAN CRAFTS - Lace House information Centre and Foras Cultur Uladh (*Showrooms*). Hand knitted Arans, hand loomed knitwear and hand woven Donegal Tweeds to high standards of artistic craftsmanship in design and colour. Visitors are welcome to our showrooms where examples of work are displayed at keenest prices and an **extensive range of local crafts are available.**

SUMMER SCHOOLS: - All information on the wide range of cultural programmes available from *Teach á Lása'* (073) 30116

Archaeological Attractions

T

HE parish of Glencolmille is justifiably famous for its wealth of archeological sites and artifacts. This rich heritage of monuments dates from 3000 B.C. "A Guide to 5000 Years of History in Stone" by Michael Herity, is an invaluable guide to the area, available from the Lace House Information Centre.

COURT CAIRNS: These are the characteristic tombs of Ireland's earliest settlers. They were erected in the valley of Malinmore and built of massive stones in a manner current all over Atlantic Europe at the time. The finest examples can be seen in Farrrenmacbride and at the Cloghanmore.

PORTAL DOLMENS: Built by Stone-Age farmers in a different style. Excellent examples can be viewed in Malinmore close to the main Cloghanmore settlement.

LIOSANNA-RINGFORTS: These are the monuments dating from our Celtic ancestors, from 350 B.C.. They consist of a number of circular earthworks and stoneforts like that of Doonalt. These ringforts are 20 meters inside and were built for defensive purposes.

TURAS OF NA MBAN NAOFA - TURAS OF ST. COLMCILLE: This turas or *journey* is practiced by pilgrims on the eve of the feast of St. John on

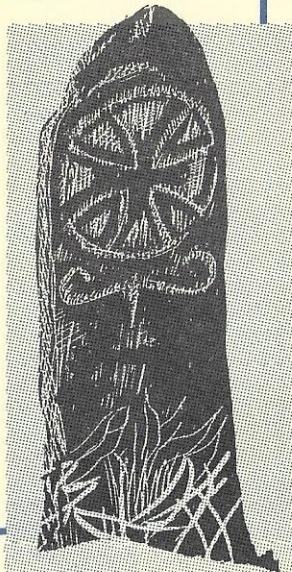
Bonfire night. Many of the stations of the turas have cross inscribed standing slabs. The turas takes about three hours usually barefoot. It is dated from 500-800 A.D..

CHURCHES: Teelin: On the top of Sliabh a' Liag are the remains of a 6th century monastery, holy well, and cairns. Near Teelin Pier Tobar na mBan Naofa or Well of the Holy Women dates slightly later than the 6th century while later still is the ruined church on the pier at the old water pump.

Glencolmille: We have the Churches of St. Kevin, near the Martello Tower in Malinbeg; Teampall na Manach (*The Monk's Church*); Teampall na Spáinnigh (*The Spaniards Church*) at Faugher. The Churches of St. Columba, both Roman Catholic and Anglican, are well worth visiting.

MARTELLO TOWERS:

Built during the Napoleonic era as part of a coastal defensive - communications system. A visit to Carrigan Head, Glen Head, and Malinbeg to view the structures is recommended.



'Leacht' or pillar at Teampall Caoimhin, Cloghan.

T

Things to see and do

F

OR visits to nearby Glencolmille, Kilcar, Killybegs and Ardara, consult the Sliabh Liag Peninsula Map available at the C.T.I.O.

HOW TO GET TO SLIABH LIAG FROM CARRICK.

From the centre of the village of Carrick, take the Teelin Road to Cappagh village. On passing the "Rusty Mackerel" pub take a right turn to Bunglas where the cliffs of Sliabh Liag can be viewed from a place known locally as Amharc Mór.

Carrick is also the ideal base to visit the following places:

KILCAR: Visit Ram's Head Art Gallery. Crafts: Studio Donegal. Doogan of Donegal.

Spend a day away - around the county

GLENTIES: Museum
(Open Monday - Friday)

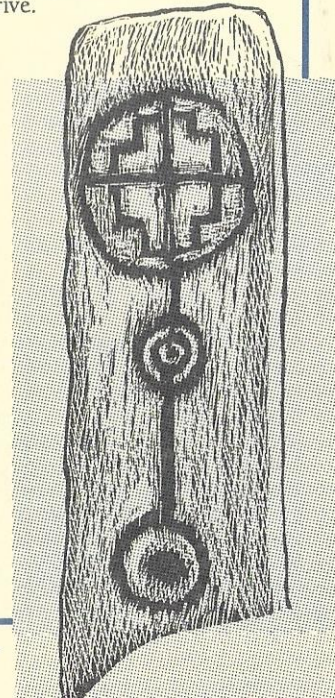
DUNLEWEY: This Centre at Dunlewey, a small community in the Donegal Gaeltacht, lies in unique scenery at the foot of Mount Errigal.

GLENVEAGH NATIONAL PARK: Overlooking Lough Veagh is Glenveagh Castle, a castled mansion surrounded by gardens containing a multitude of exotic plants. Glenveagh is also home to the largest herd of red deer in Ireland.

COLUMBA HERITAGE CENTRE: Is located at Gartan, Churchill, the birthplace of St. Colmcille. The Centre presents an interpretive exhibition.

GLEBE GALLERY: The Glebe Gallery houses the art collection of Derek Hill, the world famous landscape and portrait painter who lived and worked here from 1954 until he presented his house and art collection to the state in 1981.

SHORT DAY TRIP: Visit Donegal Town for good shopping centre, Castle, Craft village, Lough Eske for forest walk and scenic drive.



Station 14 of Turas Colmcille.



The Fairies: A Child's Song

BY WILLIAM ALLINGHAM

U

Up the airy mountain,
Down the rushy
glen,
We daren't go a-hunting
For fear of little men;
Wee folk, good folk,
Trooping all together;
Green jacket, red cap,
And white owl's feather!

Down along the rocky
shore
Some made their home,
They live on crispy
pancakes
Of yellow tide-foam;
Some in the reeds
Of the black mountain
lake,
With frogs for their
watch-dogs
All night awake.

High on the hill-top
The old king sits;
He is now so old and grey,

He's nigh lost his wits.
With a bridge of white
mist

Columkill he crosses
On his stately journeys
From Slieveleague to
Rosses;
Or going up with music
On cold starry nights,
To sup with the Queen
Of the gay Northern
Lights.

They stole little Bridget
For seven years long;
When she came down
again
Her friends were all
gone.
They took her lightly
back,
Between the nigh and
morrow;
They thought that she was
fast asleep,
But she was dead with
sorrow.

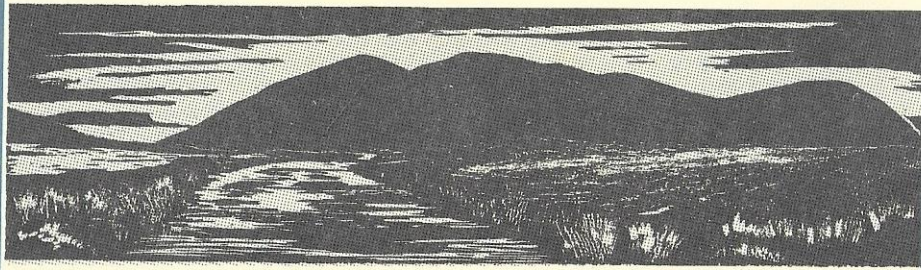
They have kept her ever
since

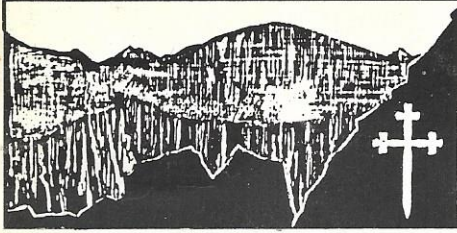
Deep within the lake,
On a bed of flag leaves,
Watching till she wake.

By the craggy hill-side,
Through the mosses
bare,
They have planted thorn-
trees

For pleasure here and
there.
Is any man so daring
As dig them up in spite,
He shall find their
sharpest thorns
In his bed at night.

Up the airy mountain,
Down the rushy glen,
We daren't go a-hunting
For fear of little men;
Wee folk, good folk,
Trooping all together;
Green jacket, red cap,
And white owl's feather!





Coiste Turasóireachta na Carrige

An Charraig, Co. Dhún na nGall

Carrick Tourism Development Committee

Carrick, Co. Donegal

An Charraig



Co. Dhún na nGall

Fáilte

F

AILTE MHOR NA CARRAIGE

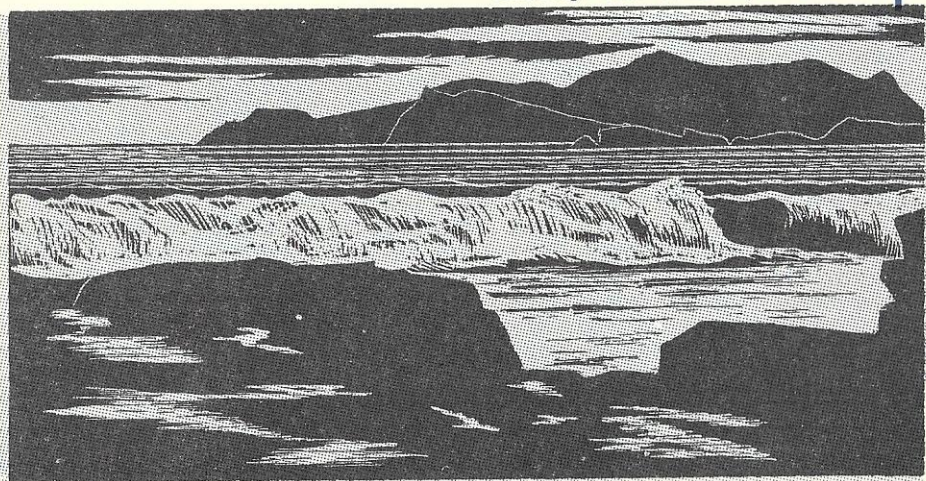
Cuireann Coiste Turasoireachta na Carraige fáilte croíúil roimh gach duine chuig an cheantar álainn seo suite i leathinis Shliabh a 'Liag.

Sean-Pharóiste ársa í seo a bhfuil fréamhacha a bunaidh ag dul go domhain i dtalamh. Tá na fréamhacha seo ag dul siar sna cianta cairbreacha - b'fhéidir 5000 bliain, rud a fhágas stair agus gach gné dár n-oidhreacht luachmhar greannta i ngach cloch agus carnán dá bhfuil le feiceáil amuigh agus istigh ó cheann go ceann an cheantair.

Sí Baile na Carraige príomh bhaile pharóiste Ghleann Cholm Cille, inar chaith na Naomh Colmcille, Aodh Mac Bricne, Athnaid, Conall agus Asicus seal dá saol agus tá na toibreacha, na teampaill agus na turais le feiceáil ann go

foíll. Aílleacht nadúrtha gan truailladh atá ann idir cnoc agus beann, loch agus trá. Mas iascaire thú, beidh do sháith aobhnis agat anseo ar aibhneacha, locha nó ar an fharraige mhór. Ait shaoire seo atá socair suaimhneach agus a bhfuil dráocht faoi leith ag baint léithe. Tá na ndaoine lách, carthanach. Má thagann tú ar cuairt bí cinnte go mbeidh céad míle fáilte romhat agus tá súil againn go bpillfidh tú arís agus arís agus arís.

Sl. á Liag ó Ceann Mhucrais, Cill Chartha



Fásra

III

SA cheantair seo de Thír Chonmaill, tá scoith timpeallachtaí nádúrtha a chuirfeadh an Nádúraf an - suim iontu.

Táimid suite idir Shliabh a'Liag agus an fharraige, ach fós faoi foscadh sléibhe sa Ghleann. Go minic bíonn na samplaí is fearr le fáil i sciollaigh fluiche i measc carraigacha agus is eachtra ar leith é cuid acu a aimsiú. Tá tagairt do Shliabh Liag le fáil i 'Webb's Irish Flora' (1943), mar gheall ar na plandaí Ailptneach atá le fáil air. Tá leabhar eolais riachtanach don 'nádúraf, chomh maith le ceamará, mar níl aon chead ag éinne iad a phiocadh de réir dlí cosanta na bplandaí (1980). Breathann an saghas plandaí atá le fáil, ar thalamh na háite agus ar an aeráid. Sa cheantair seo, tá an talamh aigéadach: tagann lobhadh go mall i bhfoirm móna. Tagann plandaí éagsúla i mbláth ag amantaí difriúla le bláthanna dathúla i lár na tSamhraidh. Ar dtús tagann na hAnamóine, ansin na Formentil agus níos moille an Roisín. Tá an Seamarán Chré le fáil go coitianta ar thaobh shléibhte agus sna portaigh.

Tá mórán plandaí feoilteach le fáil anseo agus iad an tarraingteach, leithéidí an Druichín Móna agus an Liath Uisce. Tá planda bídeach, an Glúineach atá álainn ar dhathanna bán, gorm agus bándearg; tá cúpla ghné den bplanda seo le fáil, na cinn is coitianta ná, *Ploygale Vulgaris* agus *Serpy*. Tá an Fraochach Cocháin coitianta agus é ar fáil le bláth bán agus duilleog mar rósóg. Tá Sceolamh na Móna, and Bairead Beag, Magairlín an Churraigh agus Lus furast a aithne. Ar

thalamh fhíthuch is féidir an Pónaire Curraigh le trí dhuilleog agus an Braichlis a aimsiú.

Tá plandaí galánta le fáil ar thaobh sléibhe ar nós Lus Fían (*Prunullan Vulgaris*), an Ceannabhán Beag agus an tSailchuach. Ar na portaigh agus ar thalamh níos tirime tá fraoch le fáil, go speisialta an *Calluna Vulgaris* agus an *Erica Epigena* (*Fraoch Eireannach*). Tá siad andathúil nuair a bhíonn neart gréine agus beagán fearthainne. Tá planda, an Fraochóg Portaigh, a fhasann go fliúrsach mar gheall ar an oiread sin solais agus teocht íseal na h-óiche. Tagann datharina éagsúla orthu i rith na blianna agus iad le feiceáil i lár an fraoich. Ar chuairt ar an trá, tá mórán plandaí atá ábalta maireachtáil i dtimpeallacht sáile. Ceann acu an Rabhán atá dathúil agus álainn. Is féidir seo a fháil fosta ar bharr sléibhe.

Tá Ruacháin agus Labhandar mara le fáil chomh maith leis na cinn a bhíonn mar bhia áitiúil; Carraigín, Duileasc agus Sleabhac. Tá an-saibhreas Iodáid iontu. Ar charraigeacha tá mórán Crotal ar dhathanna éagsúla le fáil. D'úsaidéadh iad seo sa tsean-am mar ábhar dhathú do éadaí. Tá sé deacair duine a fháil sa cheantair le eolas iomlán ar an fhásra aige, os rud go bhfuil sé chomh éagsúil agus fairsing. Bí cinnte ag am céanna go mbeidh gach cuidiú agus comhairle le fáil agat ar do thoráocht.

Bí cúramach san áit a shiúlann tú mar is fiú an saibhreas tíre seo a choimeád go cúramach agus i dtaisce do na glúntaí atá le theacht. Ar mBuiochas do Chomhairle Chaomhnaithe Phortaigh na h-Eireann. Fón: 01-8722397

C aithimh Aimsire Lasmuigh

IV

SIÚLÓIDÍ SLÉIBHE: Tá do rogha siúlóidí sa Ghleann agus thart ar an gcósta. Thig leis an siúláí imeacht trasna na gcnoc ó thuaidh go Port, Gleann Lách, Sliabh ó Thuaidh agus ar aghaidh go Ard a' Ratha (6 míle). Is é Sliabh a'Liag ceann de na hailte farraige is airde san Eoraip agus seo áit gur féidir siúlóid eile a thosú. O Bhun Glas is féidir siúl trasna cosán aonair ó thuaidh thar an laithán go Málainn Bheag. Tá go leor ábhair sa timpeallacht do éaneolaithe agus do gheolaithe.

SNÁMH: Tá mórán tránna breátha sa cheantair. 'Se Port a' Chabhlaigh an phríomh trá i gceantar na Carraige. Tá dhá cheann i nDún Ailt faoi scáth Cheann Ghlinne. Is ceart do dhuine bheith cúramach ar an trá in aice an Chlácháin. Tá an Trá Bhán i Málainn Bhig. Trá a dtéann 150 coiscéim síos chuici, áit a bhfuil foscadh agus suaimhneas do achán duine.

BÁDÓIREACHT: Tuilleadh eolais on Oifig Eolais nó an "Workshop" Gúthán: 39079/39117

DREAPADÓIREACHT CARRAIGEACHA: Tá suas le céad bealaigh dreapadóireachta ó Cheann Mhucrois go Port. Tá suas le caoga dóibh seo i Málainn Bhig amháin. Sa lámhleabhar *Mountaineering Clubs of Ireland* - curtha in eagar ag Dawson Stelfox,

an chéad Éireannach chun ceann scríbe Everest a bhaint amach i 1993.

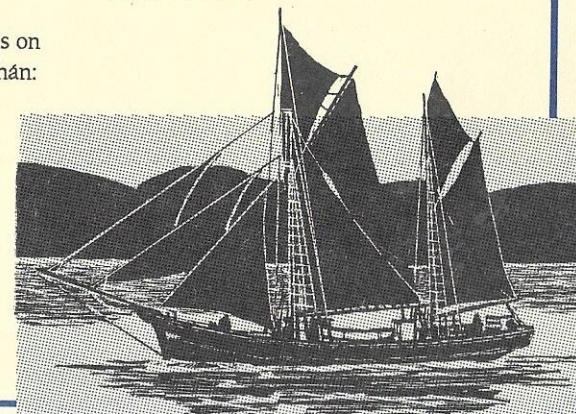
TOMADÓIREACHT: Deirtear gurb iad Teileann agus an Mhalainn Bhig cinn de na h-áiteacha is fearr in Eirinn don thomadóireacht de bharr an uisce ghléghil gan truailliú.

MARCAÍOCHT TOINNE: Tá an chuid seo den chósta an-fhóirstineach don spóirt seo.

FAOILEOIREACHT: Deir an "*Hang Gliding Association of Ireland*" go bhfuil suíomh an-éifeachtach anseo do chleachtadh agus do thraenáil.

LEADÓG: Tá cúirt in aice le Párc na nGael ar an tsráidbhaile i nGleanncholmcille.

LIATHRÓID LÁIMHE: Tá cuairt i Málainn Mhóir.



I arsmáí Seandálaíochta

V

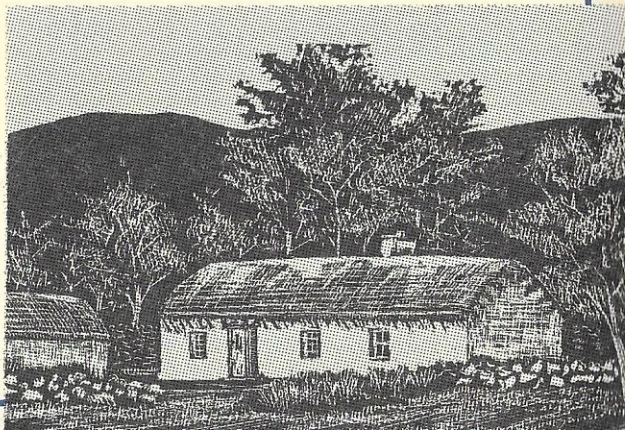
T

Á cáil ar leith ar pharóiste Ghleanncholmcille de bharr chomh líonmhar agus áta na h-ionad seandálaíochta ann. Tá cuid acu sin chomh sean le 3000 R.C. (*Treoirleabhar an-úsáideach é "Cúig Mhíle Bliain i gCloch", le Michael Herity.*)

CAIRN: Seo tumbáí so-aitheanta a bhaineas leis an chéad dream a chur fúthu i n-Eirinn. Cuireadh suas iad i nGleann Cholm Cille agus thiar i nGleann Mháilainne Móire. Tógadh de chlocha ollmhóra iad ar bhlealach a bhí in úsáid ar fud chósta an Atlantaigh ag an am. Tá na samplaí is fearr le feiceáil i Mánar na Mortaigh agus ag an gClochán Mór.

TUAMAÍ URSANACHA: Feirmeoirí de chuid na cloch aoise a thóg iad seo ag baint úsáide as stíle eile ar fad. Tá samplaí formhaithe díobh le feiceáil i Málainn Mhóir in aice le príomhghoirgnimh an Chlocháin Mhóir.

Liosanna: Baineann na struchtúir seo lenár sinsir Cheilteacha ó isteach agus amach ar 350 R.C.. Is é atá iontu, roinnt múranna ciorcalacha deánta de chré agus dúnta cloiche costúil leis an gcleann i nDún Ailt. Tá na liosanna seo 20m trasna ar an taobh istigh agus ar mhaithe lena n-aitreoirí a chosaint a rinneadh iad.



TURAS CHOLMCILLE: Déanann muintir na h-áite agus cuairteoirí an Turas seo ar 9 Meitheamh. Tá leaca croise inscríofa ag go leor de stáisiúin an turais. Tógann an turas tuairim is trí uair le deánamh cosnochna. Téann sé siar go dtí 500-800 A.D.

EAGLAISÍ: Tá sean-bhallóg ar ché Theilinn ina raibh séipeal fada ó shoin níos moille na 600 A.D. Tá cealla Naomh Caoimhín in aice leis an túr Martello i Málainn Bheag; le Teampall na Manach agus Teampall Spáinnigh, in aice le Fochair. Is fiú go mór dul ar cuairt chuig Eaglaisí Naomh Colmcille idir Chaitliceach agus Phrotastúnach.

TÚRANNAÍ MARTELLO: Tógadh iad seo le linn cogadh Napoleon leis an cósta a chosaint agus mar chuid de ghréasán cumarsáide. (*Ceann Carraigín, Ceann Ghlinne agus Málainn Bheag.*)

I ascaireacht

VI

M

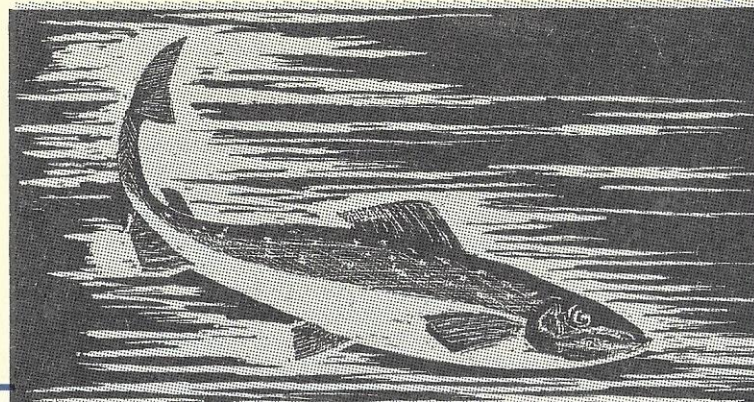
AR gheall ar an suíomh atá An Charraig agus Teileann ar chósta iarthuaisceart na hÉireann, is féidir linn freastal ar mhianta achan chinéal iascaire idir Fhar raige, locha agus aibhneacha.

IASCAIREACHT FARRAIGE: Tá cósta fada thart faoin cheantar agus tá sé ar fheabhas d'iascaireacht óna carraigeacha. Mágach an ceann is fliúrsí agus is fearr le hithe. Tá muirlis, trosc, faoitín, garbhánach le fáil fosta. Bronn a bhaoite agus a charraig fhéin ag achan iascaire ach is iad na baoití is fearr ná an chuileog lámhdhéanta, cuiteog, cleite agus damhán. Breathann an baoite ar an aimsir agus an taoide. Níl comhairle níos fearr ná dul chun cainte le duine dena hiascairí áitiúla. Is féidir dul amach i mbád chun iascaireacht i bhfarraige domhain a dhéanamh. Feach BADOIREACHT ar leathanach 4.

LOCHA: Is fiú mór an chinéal seo iascaireachta agus tá dhá cheann déag de locha bhric ann nach bhfuil millte ar aon dóigh. Níl sé ró-dheacair fáil fhad leis an chuid is mó dóibh. Tá loch Gaoite, Duibhne, Inse,

Amha Unna agus Loch "Thoire". Tá bradáin le fáil i gcuid acu seo chomh maith. Tá dhá loch ag bun Sliabh a 'Liag agus cinn eile ar bharr chnoc an Chaisil. Is áidigh an chuileog mar bhaoithe agus athruíonn dath na lochanna go minic. 'Siad na cuileoga is fearr: Butcher, Wickham's Fancy, Connemara Dubh, Green Olive, Black Gnat.

Aibhneacha: Seo an cineál is tarraingtí le hiascairí agus cinnte i gcoicís beidh cúpla lá fóirstineach don chuairteoir. Athruíonn leibhéal an uisce go minic agus is féidir iascaireacht a dhéanamh ón dá thaobh den droichead inabhainn Ghlinne ó Mhárta go Deireadh Fómhair. 'S iad na cuileoga is fearr: Wickham's Fancy, Hare's Ear, Thunder and Lightning, Butcher. Tá forbairt mhór a dhéanamh ag Iascairí Shliabh a Liag ar na haibhneacha agus na locha sa cheantar. Tuilleadh eolais on Oifig Eolais.



Eanacha Cósta, Caoráin agus Machaire

T

Á os cionn céad cineál éin le feiceáil i gcomharsanacht na Carraige. Roinntear a n-áiteacha dúchais seo idir cósta, caorán agus machaire.

CINEÁL AN CHOSTA: Faightear gach cineál faoleáin anseo. Tá flúirseacht Crotaiigh agus Pilibtí againn, le linn an Gheimhridh gheofar lear mór Gainnéid amuigh os cionn na farraige. Bíonn coilíneachtaí acu lena neadracha níos faide ó thuaidh. Feictear an Seabhac ar ócáidí go fóill sa timpeallacht.

CINEÁL AN CHAORAIN: I measc an chinéal seo tá: Riabhóg mhóna, Feadóg, Fiach dubh, Preáchán agus Cearc Fhraoigh.

CINEÁL AN MHACHAIRE: Ar an gcineál seo is mó a théann an easpa féir agus plandaí i bhfeidhm. Ní bhíonn morán clátocha le dídeán a chur ar fáil dóibh ach áit ar bith a mbíonn claf ar fáil gheofar cuid mhór cineálacha éin. 'S iad an Iondubh, an Smólach, spideog, is coitianta.

ÉANACHA IMIRCE: B'fhéidir gurb é an gné is suimiúla de scéal na n-éanacha sa cheantar, eágsúlacht na n-éanacha imirce. Is í an Chuach is fearr aithne, tigeann sí i lár Aibreán. Tagann an Clochrán m'í roimhe sin agus is i rith Aibreáin a thagann na Fáinleoga fosta.

I measc éanacha imirce an Gheimhridh a chuireann maisiú ar ár

lochanna idir Deireadh Fómhair agus Aibreán atá an Eala.

Tiocfar freisin ar an Ghé ghealach ní ró-mhinic. Bíonn an Deargán le fáil i dtailte féaraigh an Gheimhridh.

ÁITEANNA SUIMIÚLA: Ceann Ghlinne, Sceilp Una, Port, Loch a' Thoirce.

CINEÁL ÉANACHA: Lúma, Lúnadán, Gainneád, Broigheall, Seaga, Corr Eisc, Gé Fíain, Eala, Lachán, Malard, Praslacha, Spioróg, Seabhac, Pocaire, Gobadán, Cearc Fhraoich, Naoscach, Faoileán, Geabhrog, Colúr, Cuach, Gabhlán, Cruidín, Fuisseog, Gabhlán Gainimh, Fáinleog, Fiach Dubh, Préachán, Cág, Snag, Druid, Gealbhan, Corcán, Gleoiseach, Lasair Choille, Spideog, Plasún, Londubh, Smólach.

