

# Ring of Gullion Lúnasa Festival

July 30<sup>th</sup> to August 29<sup>th</sup> 2016



#Lunasa2016



# Events Guide



## HISTORICAL COACH TOURS OF THE RING OF GULLION

Jul  
Sat 30  
Aug  
Sat 6  
Sat 13  
Sat 20  
Sat 27  
Sep  
Sat 3  
Sat 10  
Sun 11  
Sat 17  
Sat 24

Fully guided coach tour, taking in the most impressive sights and monuments the Ring of Gullion has to offer. Experience the breath-taking landscape and the rich natural, archaeological and cultural heritage of the area. **Booking essential via website**, tickets can be purchased from Crossmaglen Community Centre, or paid for on the day. **Time: 10.30am – 4.30pm**  
**Departs:** Bagenal's Castle Carpark, Newry  
**Admission:** Adults £10, Concession £8, Family (2 adults, 2 children) £25  
**Contact:** Therese, +4428 3082 8590 / [info@ringofgullion.org](mailto:info@ringofgullion.org)

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Ferryhill Road, BT35 8GT  
**Admission:** Free  
**Contact:** James McAreyve, [jmcarevey1@hotmail.com](mailto:jmcarevey1@hotmail.com)  
**Facebook:**  
[NewryMaritimeAssociation](#)

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## DOMHNACH AN FHRAOCHÁIN / BLAEBERRY SUNDAY

Jul  
Domh 31  
/ Sun 31

Goite linn don athbheochan bliantúil seo. Beidh muid ag déanamh oilithreachta an Fhraocháin i mbliana arís. Beidh muid ag fágáil Beár na Carraige, Tigh Giurann ar 7in agus ag siúl go Carraig a' tSeabhaic le haghaidh 8in. Beidh amhráin, ceol agus damhsa traidisiúnta le fáil. Is siúlóid 4 mhíle í sna cnoic agus ar bhóithre. Ní mór do shiúlóirí bheith réasúnta aclaí.



## FLAGSTAFF FIESTA

Jul  
Sun 31

Take a step back in time as we revive a popular community event to launch the Lúnasa Festival. For the first time in 46 years the centuries old tradition of hoisting the flag overlooking Carlingford Lough will take place. There will be fun and entertainment for all the family, set against the breath-taking scenery of the Ring of Gullion. Come and join us.  
**Time:** 3pm – 5.30pm  
**Venue:** Flagstaff Viewpoint,

Join us on the revived annual Blaeberry Sunday pilgrimage from 'The Rock' at Granemore to the gathering on the summit of Carrigatuke. You are welcome to just come along to the gathering, where you'll be treated to performances from traditional musicians and Irish Dancers. The walk is roughly 4 miles long, uphill, along roads; a reasonable level of fitness is recommended.

**Am / Time:** Walk departs 7pm, Gathering 8pm to late  
**Áit / Venue:** Carrigatuke

Viewpoint (Walk departs The Rock Bar, Granemore)

**Luach / Admission:** Saor in aisce / Free, please register for the walk

**Teagmháil / Contact:** Joe McGleenan, jjmcgleenan@yahoo.co.uk

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**Mon 1 –  
Fri 5**

## SERENDIPITOUS MUSIC

When you go down to the woods today, could you be in for a magical musical treat?

**Time:** 12pm – 2pm

**Venue:** Slieve Gullion Forest Park

**Admission:** Free

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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**Mon 1 –  
Fri 5**

## CREATIVE SKILLS PROJECT (11-14)

This week-long activity will see young artists explore textile crafts, including tie-dyeing, bead work, appliqué and embroidery. They will combine these skills to produce a fashionable bag, top or scarf by the end of the course.

**Time:** 2pm – 4pm

**Venue:** Red Balloon Creative Studios, Bessbrook

**Admission:** £50 per child – Booking essential

**Contact:** Aine McGowan, +4428 3083 9908 / aine@redballoon.ie

**Facebook:** RedBalloon.ie

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## GAP O' THE NORTH GUIDED WALK



**Mon 1**

## GAP O' THE NORTH GUIDED WALK

Enjoy a historical guided walk visiting the ancient sacred sites of Faughart graveyard and Kilnasaggart. Learn about the historical importance of this area in the 1600s and its impact on present day history. The walk, roughly 4 miles long is mostly downhill, with some on and some off-road sections.

**Time:** 1.30pm – 4.30pm

**Departs:** Faughart Graveyard

**Admission:** Free - Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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Wed 3

## WILD WEDNESDAYS – PHOTOGRAPHY WORKSHOP

Get snap happy and take part in our free photography workshop. It's a great opportunity to learn how to take wildlife and landscape shots and master your digital camera's features. Please bring a packed lunch.

**Time:** 11am – 3pm

**Venue:** Pastoral Centre,  
Jonesborough

**Admission:** Free - Booking  
essential, via website

**Contact:** Therese, +4428 3082  
8590 / [info@ringofgullion.org](mailto:info@ringofgullion.org)

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Fri 5 –  
Wed 31

## ROGHA ANNUAL EXHIBITION

An exhibition of contemporary art & craft from local artists and craftspeople. The exhibition will showcase painting, pastels, mixed media, glass, ceramics, woodturning, felt and millinery. The official opening is Fri. 5th at 7.30pm.

**Time:** 9am – 7pm

**Venue:** Tí Chulainn,  
Mullaghbane

**Admission:** Free

**Contact:** Mary Cowan, +4478  
2856 9235 / [maryncowan@  
yahoo.co.uk](mailto:maryncowan@yahoo.co.uk)

**Facebook:** ROGHA

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Sat 6

## SLIEVE GULLION MURDER MYSTERY TOUR

On 20th Jan. 1852 Meredith Chambre, landlord and magistrate, was shot by Ribbonmen at Dromintee. He survived but local man Francis Berry was hanged in Armagh in circumstances which are still hotly disputed. The key sites in the story will be brought to life by your guide.

**Time:** 10am – 12.30pm

**Departs:** Slieve Gullion Forest  
Park car park

**Admission:** Free - Booking  
essential, via website

**Contact:** Alison, +4428  
3082 8594 / [volunteer@  
ringofgullion.org](mailto:volunteer@ringofgullion.org)

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Sat 6

## LÁ MÓR NA GAELIGE / BIG IRISH LANGUAGE DAY

Bíodh saíte i dteanga ársa Oiriaila. Beidh ranganna ann a fhreastlaíonn ar gach cumas. Tig leat spléacadh a fháil ar bheatha na bhFilí agus na Scoláirí in oirdheisceart Uladh. Um thráthnóna gheobhfáir blaiseadh de cheol agus d'fhlíocht Oiriaila. Le haghaidh a thuilleadh eolais agus le háit a chur in áirithe tabhair cuairt ar: [www.tichulainn.com](http://www.tichulainn.com).

Come and immerse yourself in the Irish language for the day. There will be Irish classes for all abilities. You will get a glimpse of the lives of Oriel poets and scholars and enjoy the music



## FAMINE WALL HIKE

and song of south-east Ulster.  
For full details and to book a  
place: [www.tichulainn.com](http://www.tichulainn.com).

**Am / Time:** 9.30am – 11pm

**Áit / Venue:** Tí Chulainn,  
Mullaghbane

**Luach / Admission:** Ranganna  
/ Classes £10 / Iacáister /  
concession £8;

Turas bus / Bus tour £6 /  
Iacáiste / concession £5

**Teagmháil / Contact:** Mary,  
+0028 3088 8828 / [info@tichulainn.com](mailto:info@tichulainn.com)

**Website:** [www.tichulainn.com](http://www.tichulainn.com)

Mullaghbane

**Admission:** £25pp (includes  
lunch) – Booking essential

**Contact:** Caóilfionn Murphy-  
O'Hanlon, +3538 7224 8186 /  
[cushladesign@live.co.uk](mailto:cushladesign@live.co.uk)

**Facebook:** ROGHA



Sun 7

## FAMINE WALL HIKE

Visit the infamous Famine  
Walls of Slieve Gullion  
mountain. Most of this hike  
will take place on steep, rough,  
open mountain; hiking boots  
are essential and a walking  
pole and a reasonable level of  
fitness are recommended.

**Time:** 10am – 1.30pm

**Departs:** Information board,  
Slieve Gullion Forest Park car  
park

**Admission:** Free – Booking  
essential, via website

**Contact:** Alison, +4428  
3082 8594 / [volunteer@ringofgullion.org](mailto:volunteer@ringofgullion.org)



Sat 6

## ROGHA BUS TOUR OF ARTISTS' STUDIOS

This bus tour is a fantastic  
opportunity for those  
interested in art and craft to  
get a behind the scenes look at  
the workplaces of artists and  
craftspeople and see how they  
make their work.

**Time:** 10.30am – 4.30pm

**Departs:** Tí Chulainn,





## FLEADH RUA



## WILD WEDNESDAYS



**Mon 8 –  
Fri 12**

### MAKE, PLAY & MOVE (4-10)

This week-long activity will allow little artists to have daily imagination work outs, explore a wide variety of art, engage in movement and music activities, and create their very own exhibition. Packed lunch required.

**Time:** 10am – 2pm

**Venue:** Red Balloon Creative Studios, Bessbrook

**Admission:** £60 per child – Booking essential

**Contact:** Aine McGowan, +4428 3083 9908 / aine@redballoon.ie

**Facebook:** RedBalloon.ie

and a reasonable level of fitness are recommended.

**Time:** 2pm – 4.30pm

**Departs:** Tí Chulainn, Mullaghbane

**Admission:** Free - Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org



**Tue 9**

### THE STORY OF NEWRY'S WORST SHIPPING DISASTER

Join James, local maritime historian and canal enthusiast, for an insight into the worst maritime tragedy in the history of Newry and South Armagh; the loss of the SS Connemara and SS Retriever.

**Time:** 7pm-9pm

**Venue:** Tí Chulainn, Mullaghbane

**Admission:** Free – booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org



**Mon 8**

### HISTORICAL WALK OF MULLAGHBANE

Enjoy a circular guided walk of Mullaghbane village, showcasing its hidden heritage. The walk will take you to visit sites of historical interest and beauty. The walk takes place on roads and forest tracks, with a few moderately steep inclines. Sturdy footwear



**Tue 9 &  
Tue 16**

## **POTTERY WORKSHOP – FUNKY TEXTURE TILES**

Participants will get the opportunity to explore texture and pattern in clay. They will make up to three flat items such as pot stands, coasters, decorative wall panels or house number tiles. The first class will be making and the second class glazing. Admission covers both classes.

**Time:** 6.30pm – 9pm

**Venue:** Tí Chulainn,  
Mullaghbane

**Admission:** £45pp – Booking  
essential

**Contact:** Mary Cowan, +4478  
2856 9235 / maryncowan@  
yahoo.co.uk

**Facebook:** ROGHA

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**Wed 10**

## **WILD WEDNESDAYS – CREATURES OF THE NIGHT PICNIC**

Do you have a budding David Attenborough in the family? If so, join us for a picnic with a difference. Bring along your picnic to enjoy whilst you watch and listen for the bats and mammals of Slieve Gullion.

**Time:** 8.30pm – 10.30pm

**Venue:** Courtyard Pond, Slieve  
Gullion Forest Park

**Admission:** Free - Booking  
essential, via website

**Contact:** Therese, +4428 3082  
8590 / info@ringofgullion.org

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**Thur 11**

## **FELTING WORKSHOP**

Create your own landscape picture from natural fibre using wet felting and needle felting techniques.

**Time:** 6.30pm – 9pm

**Venue:** Tí Chulainn,  
Mullaghbane

**Admission:** £25pp – Booking  
essential

**Contact:** Caóilfionn Murphy-  
O'Hanlon, +3538 7224 8186 /  
cushladesign@live.co.uk

**Facebook:** ROGHA

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**Sat 13**

## **FELTING WORKSHOP**

Create your own clutch bag or bowl using the resist technique. You will be able to use a variety of natural fibres including wool, yak, camel, silk and many others to make your own unique piece.

**Time:** 10am – 2pm

**Venue:** Tí Chulainn,  
Mullaghbane

**Admission:** £40pp – Booking  
essential

**Contact:** Mary Larkin, +4475  
4138 8446 / marytlarkin@  
hotmail.co.uk

**Facebook:** ROGHA

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**Sat 13**

## **FLEADH RUA**

Calling all red heads and lovers of red heads! Come to the Fleadh Rua to celebrate all things red, especially the red hair gene and have a bit of craic. There will be red-themed fun and games, market



stalls and traditional music sessions, as well as a céilí in the evening with Bothán. For an accommodation deal visit [www.tichulainn.com](http://www.tichulainn.com).

**Time:** TBC

**Venue:** Forkhill

**Admission:** Free; Céilí £6 at the door

**Contact:** Alison, +4428 3082

8591 / [info@ringofgullion.org](mailto:info@ringofgullion.org)

**Facebook:** FleadhRua

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**Sat 13**

## WOOD TURNING WORKSHOP

Each participant will learn woodturning techniques and will make and take home their very own turned bowl.

**Time:** 10.30am – 5.30pm

**Venue:** Pádraig Carragher's Woodturning Studio, Mullaghbane

**Admission:** £100pp (includes lunch) – Booking essential

**Contact:** Pádraig Carragher, +3538 7669 3393 / [padraig.carragher@hotmail.com](mailto:padraig.carragher@hotmail.com)

**Facebook:** ROGHA

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**Sun 14**

## CULANN'S FEAST

Cú Chulainn, Ireland's most famous warrior and King

Connor of Ulster, welcome you to the heart of south Armagh at Tí Chulainn to celebrate the best local food and crafts the Ring of Gullion has to offer. You will have a chance to try your hand at Iron Age games, sample traditional food and

learn some ancient crafts.

**Time:** 12.00 – 16.00

**Venue:** Tí Chulainn, Mullaghbane

**Admission:** Free

**Contact:** Mary, +4428 3088 8828 / [info@tichulainn.com](mailto:info@tichulainn.com)

**Website:** [www.tichulainn.com](http://www.tichulainn.com)

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**Sun 14**

## TASTER MINDFULNESS MEDITATION SESSIONS

Join our local Meditation Facilitator on these hour-long meditation taster sessions. Ann will introduce you to a range of mindfulness meditation techniques, particularly focusing on the sensory experience of eating.

**Time:** Choose from **one** of four **1 hour** sessions: 10am, 11.30pm, 1pm, 2.30pm

**Venue:** Tí Chulainn, Mullaghbane

**Admission:** £5 in aid of Alzheimer's Society NI – Booking essential

**Contact:** Ann Ward, +4478 1683 5147 / [ann@xhale.biz](mailto:ann@xhale.biz)

**Facebook / Website:**

XhaleMeditation / [www.xhale.biz](http://www.xhale.biz)

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**Sun 14**

## OUTDOOR PAINTING WORKSHOP

Tutors Diane McKevitt and Sharon Donnelly will demonstrate drawing and painting techniques to enhance the participants' skills. Individual support will



be given to either complete a finished painting or a series of shorter studies. All levels of expertise welcome, participants must be 16+.

**Time:** 12pm – 4pm

**Venue:** Creggan Church & Grounds

**Admission:** £25pp – Booking essential

**Contact:** Diane McKevitt,  
+4428 3086 0150 /  
dianemckevitt@gmail.com

**Facebook:** ROGHA

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## SUMMER COOK SMART (6+)

**Mon 15  
– Fri 19**

This week-long activity will see little cooks develop the skills to create their favourite meals and snacks, share recipe ideas, and have lots of fun along the way. It is a fantastic opportunity for them to learn some essential cooking skills with Kerry, from Cook Smart.

**Time:** 11am – 1pm

**Venue:** Red Balloon Creative Studios, Bessbrook

**Admission:** £40 per child – Booking essential

**Contact:** Aine McGowan,  
+4428 3083 9908 / aine@redballoon.ie

**Facebook:** RedBalloon.ie

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**Mon 15**

## ZOMBIE APOCALYPSE SURVIVAL TRAINING

Do you have what it takes to survive a zombie apocalypse? If not why not come along to our Zombie Apocalypse session to learn some basic survival and bush-craft skills from our survival expert. This event is aimed at young people and adults; under-16s must be accompanied by a responsible adult. A packed lunch is recommended.

**Time:** 10am – 4.30pm

**Venue:** Jonesborough Forest, behind the Pastoral Centre

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428  
3082 8594 / volunteer@ringofgullion.org

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Ring of Gullion,  
the place to be  
this August.



CULANN'S FEAST



**Tue 16**

## **EDIBLE GEOLOGY BUS TOUR**

Join Geologist Kirstin Lemon on an introductory and edible geology bus tour around key sites in the Ring of Gullion. It's an excellent opportunity for you to dip your toe into the geology of the Ring of Gullion, a landscape shaped by fire and ice. You can even sample some baked delights which represent different geological features.

**Time:** 6pm – 9pm

**Departs:** Tí Chulainn, Mullaghbane

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / [volunteer@ringofgullion.org](mailto:volunteer@ringofgullion.org)

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**Thur 18**

## **CELEBRATING LÚNASA – AN EVENING OF INSPIRATIONAL STORY, SONG & MEDITATION**

Join local singer songwriter and soul artist, Denise Hagan, and Gullion Ambassador and meditation facilitator, Ann Ward, for this magical event held within the divine heart of Slieve Gullion.

**Time:** 7pm – 8.30pm

**Venue:** Hawthorn Suite, Slieve Gullion Forest Park

**Admission:** £10

**Contact:** Ann Ward, +4478 1683 5147 / [ann@xhale.biz](mailto:ann@xhale.biz)  
Denise Hagan, [hagadenise@gmail.com](mailto:hagadenise@gmail.com)

**Facebook:** [XhaleMediation](https://www.facebook.com/XhaleMediation)

**Website:** [www.xhale.biz](http://www.xhale.biz) / [www.denisehagan.com](http://www.denisehagan.com)

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**Wed 17**

## **WILD WEDNESDAYS – POND DIPPING**

Join us to learn about what dwells beneath the surface of the Slieve Gullion ponds. Learn how to carry out simple experiments to find out how healthy the ponds are and compare the Courtyard pond to the Dragonfly pond, on the mountain. Children must be accompanied by a responsible adult.



**WILD WEDNESDAYS – POND DIPPING**



# **Lúnasa Festival**







Fri 19

## DISCOVER OUR GULLIONOSAURUS

Join Bronagh, our Geo-Ambassador, to learn about which dinosaurs roamed the Gullion area before it became the landscape we recognize today. Try some messy geology making your own fossils and learning how the Ring of Gullion formed. Children must be accompanied by a responsible adult.

**Time:** 10am – 12pm & 2pm – 4pm

**Venue:** Outdoor Classroom, Slieve Gullion Forest Park playpark

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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Sat 20

## PARENT & CHILD ART WORKSHOP

Explore with your child the wonderful natural environment of Forkhill's Plantin and together find and gather natural materials to create a fabulous wildlife collage.



Sun 21

**Time:** 10am – 11.30am

**Venue:** The Plantin, Bog Road, Forkhill

**Admission:** £12 per pair – Booking essential

**Contact:** Caóilfionn Murphy-O'Hanlon, +3538 7224 8186 / cushladesign@live.co.uk

**Facebook:** ROGHA

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## BOOLEY SITE HIKE

Join Seamus for a guided hike on Slieve Gullion Mountain to learn about the ancient summer tradition of booleying and visit the sites used. This hike will take place on open mountain with sections of boggy ground; hiking boots are essential.

**Time:** 10am – 2pm

**Departs:** Information board, Slieve Gullion Forest Park car park

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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BOOLEY SITE HIKE





Sun 21

## FUSED GLASS WORKSHOP

Each participant will learn glass fusing techniques so that they can design and create their own serving platter.

**Time:** 10am – 4pm

**Venue:** Compass North Glass, 11 Whiterock Rd., Newtownhamilton

**Admission:** £100pp (including lunch) – Booking essential

**Contact:** Tracey McVerry, +4477 3226 4848 / [traceymcverry@hotmail.com](mailto:traceymcverry@hotmail.com)

**Facebook:** ROGHA

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Please note that part of the route is hilly and steep.

**Time:** 10am – 2pm

**Departs:** Courtyard Pond, Slieve Gullion Forest Park

**Admission:** Free (donations welcome in aid of the Southern Area Hospice) – booking essential

**Contact:** Ann Ward, +4478 1683 5147 / [ann@xhale.biz](mailto:ann@xhale.biz)

**Facebook / Website:** XhaleMeditation / [www.xhale.biz](http://www.xhale.biz)

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Sun 21

## MINDFULNESS WALK THROUGH HIDDEN GEMS

Local Ambassador and meditation facilitator, Ann Ward, will guide this leisurely and mindful walk. She will share stories about the biodiversity and local historical sites. You will develop a sensory appreciation of the local landscape and discover the hidden gems of Slieve Gullion along the way.



Mon 22

## HAVE A GO AT STRAW CRAFT

Drop in and have a go at making harvest knots from straw with Straw Craft Ireland. You'll be guided through the necessary techniques to make something to take home. There will also be an exhibition of various items of straw craft woven in a method of plaiting unique to Ireland from baskets and cradles to mummer masks, variations of St. Brigid's crosses and corn dollies.



TRY ONE OF OUR SELF-DRIVE AUDIO TOURS

**Time:** 09.30am – 12.30pm & 1pm – 4pm

**Venue:** Outdoor classroom, Slieve Gullion Forest Park playpark

**Admission:** Free

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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**Tue 23  
& Fri 26**

### **TRY ONE OF OUR SELF-DRIVE AUDIO TOURS**

Choose from our Cú Chulainn Journey or Fionn Mac Cumhaill Adventure audio tours and explore the wonders of the Ring of Gullion at your own pace. Tours are available for free download from our website or in CD format from the Crossmaglen Community Centre.

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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**Wed 24**

### **WILD WEDNESDAYS – SENSORY MINIBEAST HUNT & TEDDY BEAR’S PICNIC**

Become a nature explorer by taking part in a bug hunt and help carry out real scientific research, in a relaxed, supportive and understanding atmosphere; finishing with a teddy bear’s picnic (bring your own lunch & of course teddy/ toy). This event is aimed at children with additional needs, so group numbers will be small.

Children must be accompanied by a parent or carer.

**Time:** 10am – 12pm & 2pm – 4pm

**Venue:** Bessbrook Community Centre, Mill Road, Bessbrook

**Admission:** Free – Booking essential, via website

**Contact:** Edel, +4428 3082 8591 / finance@ringofgullion.org

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**Thur 25**

### **TOWNLAND REUNION**

Join our local historians Una and Kevin for a night of reminiscing about Carricknagavna National/ Primary School and the surrounding area from 1858 to 1972. Did you attend or teach there? Or do you have a relative who went there? Examine the old photographs, roll books and school reports. Even if you have no links to Carricknagavna, come and reminisce about school in the good old days and share the tales of your townland.

**Time:** 7pm – 9pm

**Venue:** Tí Chulainn, Mullaghbane

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428 3082 8594 / volunteer@ringofgullion.org

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**Fri 26 –  
Sat 27**

## **FOOTSTEPS IN THE FOREST**

From land, sea and sky, a mythical people are coming together. To meet old friends, to make new ones and to share their stories, of a world that has been forgotten but is just waiting to be explored. Rub shoulders with fairies, merpeople, selkies, giants and more, there will be enchantment on every corner; just step into the forest.

**Time:** TBC

**Venue:** Slieve Gullion Forest  
Park

**Admission:** Free

**Contact:** Newry VIC, +4428  
3031 3170 / newryvic@  
newryandmourn.gov.uk

**Website:** [www.](http://www.visitmournemountains.co.uk)

[visitmournemountains.co.uk](http://visitmournemountains.co.uk)

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**Sat 27**

## **ARTIST TALK & EXHIBITION TOUR**

Participants will receive a guided tour of the art exhibition by one of the ROGHA artists. It is a great opportunity to hear about the inspiration behind the work on show and explore the design and making process.

**Time:** 11am – 12pm

**Venue:** Tí Chulainn,  
Mullaghbane

**Admission:** Free

**Contact:** Mary Cowan, +4478  
2856 9235 / maryncowan@  
yahoo.co.uk

**Facebook:** ROGHA

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**FOOTSTEPS IN THE FOREST**





Sun 28

## HISTORICAL HIKE – THE LAST MOUNTAIN COMMUNITY

Join Seamus for a guided hike on Slieve Gullion Mountain to learn about the last mountain community, which lived on Slieve Gullion. This hike will take place on open mountain with rough ground; hiking boots are essential.

**Time:** 10am – 1pm

**Departs:** Three Steps pub car park

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428

3082 8594 / volunteer@ringofgullion.org

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Mon 29

## SUMMER FOOD FORAGE

Join our experienced wild forager, Dermot Hughes, on a guided wild food forage walk around Slieve Gullion Forest Park and the surrounding area.

**Time:** 10am – 12pm

**Departs:** Courtyard Pond, Slieve Gullion Forest Park

**Admission:** Free – Booking essential, via website

**Contact:** Alison, +4428

3082 8594 / volunteer@ringofgullion.org

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For more information on this amazing festival, visit

[www.ringofgullion.org](http://www.ringofgullion.org)



**Ring of Gullion**  
Landscape Partnership

The information in this programme is correct at the time of print and every care has been taken to ensure accuracy. However, Ring of Gullion Landscape Partnership cannot accept responsibility for any errors, omissions or changes which may occur. All liability for loss, disappointment, negligence or other damage caused by the reliance on the information contained in this guide, or in the event of bankruptcy or liquidation of any company, individual or firm mentioned, or in the event of any company, individual or firm ceasing to trade, is hereby excluded. ©2016.



# Ring of Gullion, the place to be this August.

✉ [info@ringofgullion.org](mailto:info@ringofgullion.org)  
☎ 028 30828590

🐦 @ring\_of\_gullion  
f Ring.of.Gullion

🌐 [www.ringofgullion.org](http://www.ringofgullion.org)

## Experience Gullion!



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