

Visit The Burren... Ireland's Timeless Portal

Welcome to the Third edition of our newsletter, a guide to what the Burren is all about, with latest news, events and much more...

Taste The Burren Events

The Burren Food Trail members have put together three tastylicious events this summer where locals and tourists will have an opportunity to mingle, dine and discover the wonderful produce of the Fertile Rock. These events will consist of a pop up restaurant style dining table to celebrate local, seasonal, artisan, organic, wild and home made produce .

Nuala O'Faoláin Table at Doolin Cave

Date: Friday 14th September

Time: 6pm

Venue: Doolin Cave

Price: €69 Per Person www.burren.ie/events/



Nuala O'Faoláin was an Irish journalist, TV producer, book reviewer, teacher and writer. She became well known after the publication of her memoirs *Are You Somebody?* and *Almost There*. She went on to write a biography of Irish criminal Chicago May and two novels. Nuala was a great friend of Doolin Cave and the Burren Food Trail have put together this extravagant dinner event in her memory.

The evening will start with a descent into Doolin cave to experience the amazing stalactite and taste local canapés with a welcome drink to open up your taste buds, accompanied by a short piece of entertainment. We will head back upstairs to Doolin Cave Cafe in time for a glorious September sunset (weather permitting) and your main course which will be cooked outdoors in fire pits, this will be buffet style service with indoor seating and wine to accompany. Keep an eye on The Burren Food Trail face book page in early September for the full menu. After dessert the Midnight Court, performed by Gerry Howard will bring an end to this fabulous extravaganza.

The Burren Food Trail members organising this event for you are : Hotel Doolin, Stonecutters Kitchen, Doolin Cave, Seaview House, Ballinsheen House, Redbank Food Co.





What's On

Taste The Burren Events

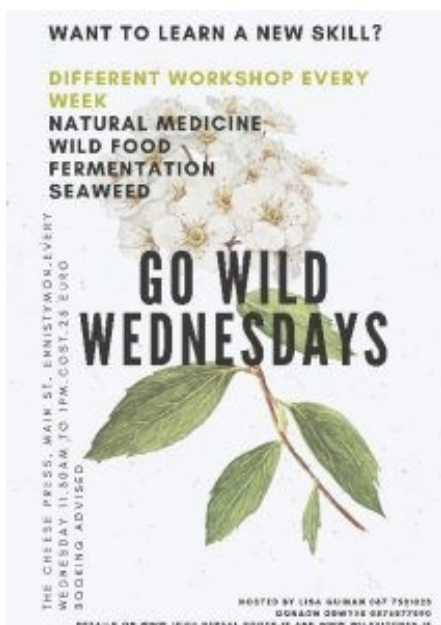
Save the Date!!

The Burren Food Fayre kicks off for another year on October Bank Holiday weekend. With Food demos, Farmer's Market, Burren Bellini & Best stall competition and delicious local, artisan and wild Food. The theme for this years Fayre is **"Taste Without Waste"**

Date: October 28th

Venue: The Pavillion, Lisdoonvarna

Free Entry for all



Go Wild Wednesdays are back!!

A Different Workshop Every Wednesday, hosted by either Oonagh O'Dwyer or Lisa Guinan a Herbalist.

Workshops are held in the cool basement of the very cool new shop in town, The Cheese Press,

10 Main. St. Ennistymon. Co.Clare

Every Wednesday from the 20th June to the 8th Aug 2018
from the 11.30am to 1pm

Pre-Booking is necessary.

For more information visit www.burren.ie/events/





What's On

Country Music Week at The Falls Hotel

Falls Hotel & Spa

Ennistymon, Co. Clare

Country Music Residents Week

A Lively, toe-tapping week of music & dance!



**SUNDAY
7TH OCT.
JOHN M'NICHOLL**



**MONDAY
8TH OCT.
GERRY GUTHRIE**



**TUESDAY
9TH OCT.
MICK FLAVIN**



**WEDNESDAY
10TH OCT.
TRUDY LAWOR
AND HER BAND**

**2018
OCTOBER
7th - 10th**

Residents package includes 4 nights B&B and dinner every evening, entry to shows and post show entertainment.

Guest will have complimentary access to our gym and leisure centre.

All this for €330pps - single supplement applies.

For reservations and more information, please ring 065 7071004 or reservations@fallshotel.ie

For more information visit www.fallshotel.ie





What's On

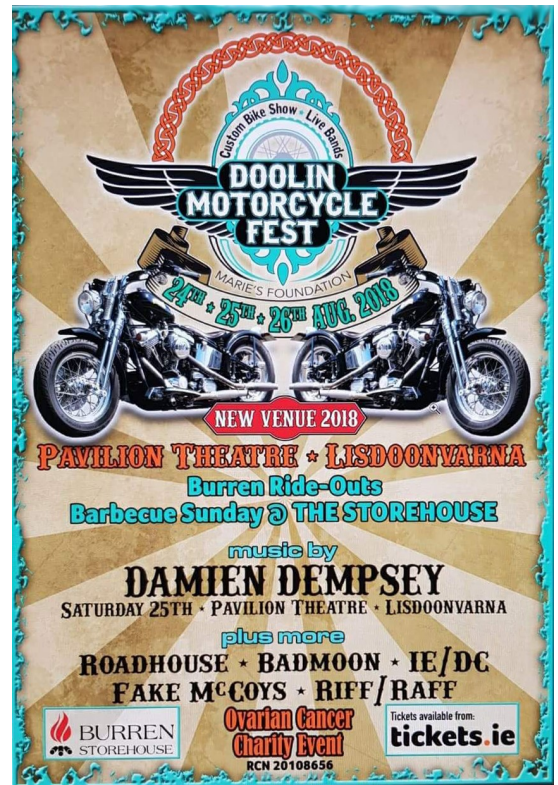
The Burren Storehouse Presents....

Harley Festival: 24th to 26th August 2018

For the first time, the Doolin Motorcycle Fest will take place in Lisdoonvarna, in two great venues: the Pavilion (community hall) and the Burren Storehouse next to the Roadside Tavern. On Friday from 6pm, 2 bands will be playing in the Burren Storehouse. On Saturday, Damien Dempsey will be headlining a great night in the Pavilion, supported by Roadhouse, Badmoon and others. On Sunday afternoon, a barbecue in the Burren Storehouse will be accompanied by music from the Fake McCoys.

Start time on Saturday and Sunday 1pm.

Weekend Tickets €27.25 per person from www.tickets.ie



The Outing 5th to 7th October 2018

'Love & Friendship' at Music & Matchmaking Festival 'The Outing' returns to Lisdoonvarna on 5th & 6th October 2018. But for the first time, it will be in the Burren Storehouse!

In its sixth year, the fast growing offshoot of the historical matchmaking festival will be bigger than ever. With Irish and International acts and stars, LGBT+ singer-songwriters to pop-up clubs, drag performances, comedy, live music, Film & Arts Festival, walks, surfing and interactive events, it's a guaranteed craic-filled weekend away on Ireland's stunning west coast.



For more info www.theouting.ie





What's On

Workshops at the Boghill Centre



Cob Building Workshop

Date: Sep 8th, 2018 Saturday 10.30a.m. – 4.30p.m.
Including lunch and refreshments €66 per person

Contact us for full details

Overnight Accommodation available

Email: boghill@eircom.net

Tribal Spirit Drumming

Date Sep 21st, 2018 - Sep 23rd, 2018

Rhythms, songs, chants in harmony, teachings of the drum from the tribal cultures of planet earth. These workshops have developed thanks to many years of the drumming, sharing and listening of the growing drum community in Ireland. Always new, always different, a safe space is created where we can restore our spirits, our connection with ourselves, each other and the spiritual side of our lives. An exploration of the hand drum as a tool for ; Individual and Community, Healing and Celebration, Movement and Stillness, Chaos and Peace.



Love & Loss Weekend Retreat

Date: Sep 28th, 2018 - Sep 30th, 2018

The weekend will include workshops of meditation, mindfulness and creative exercises to honour all loss in your life.

To connect with that deep love we held for another and how it may feel like a part of you is missing. To learn to honour all feelings of grief, separation, feeling alone and how to cope without that person, whether they have physically passed from this world or are just not present in your life anymore. It is also a time to honour who you are now.

For more info www.boghill.com





What's On

Workshops at the Boghill Centre

The Embodied Coach Retreat

This retreat which runs from **24-26 October 2018**, will be facilitated by Monica Ross and Damion Wonfor.

Monica is a highly experienced Embodied Leadership Coach and Trainer, International Coaching Supervisor and Dialogue Practice Facilitator. Drawing on her considerable experience in the field of somatics and energy psychology, she supports Leaders and Coaches to connect to a deep sense of purpose and to develop authentic presence which increases their personal impact and influence.



Damion is an experienced Executive Coach, Facilitator, Coach Supervisor and Mindfulness teacher. He is Founder of Catalyst 14 Ltd and has facilitated individuals and groups at all levels within organisations across the private and public sectors in the UK and Globally.

You can expect to leave with:

- An in-depth connection with your own presence and authenticity in your work with some practical resources to sustain this.
- A greater access to your own somatic and intuitive intelligence
- A feeling of calm and resourcefulness as a practitioner, ready to face whatever the next few months might bring for you.
- Further development in your own level of emotional intelligence and resilience.
- A deeper sense of 'your being' vs 'your doing' as a practitioner.
- A greater capacity to embody 'self as instrument' in service of your clients and transformational change.

PURPOSE AND DESCRIPTION OF THE RETREAT

Our purpose and intention is to provide you with a transformational development space to tune into your authenticity, intuition and embodied experience, deepen your self-awareness, develop your capacity to use yourself as an instrument for change in a dialogic space. and pause, reflect and resource yourself.

This will be a highly experiential and intimate 2-day residential event involving individual, paired and group work. We will work with interpersonal mindfulness, dialogue, embodied exercises, systemic practice, journaling and silence to help us to truly connect with our presence, sense of purpose and who we are within our work.

For more info www.burren.ie/events/





What's On

Workshops Workshops Workshops!!

Wild Writing - Paul Kingsnorth

31st August – 2nd September and 26th – 28th October at The Boghill Centre

What does writing look like when it is exposed to the wildness outside our bubble of convenience? What do the beaches and the hedgerows and the winds have to teach us about what we could do with our stories and our style? How could your writing benefit from letting some more ragged, messy, natural energy come in and toy with it?

This is a weekend-long course for writers of any kind, with any level of experience, who want to re-inject some of the spirit of nature into their work. In a time in which our lives are increasingly tamed, monitored, controlled and urbanised, our words and our stories are in danger of going the same way. Our writing may be in danger of becoming too safe – and perhaps a little too human.



We will focus on following your inner voice with rigour: on writing what you need to write, and on following your words wherever they take you. And we will focus, together, on the role which the non-human world – the world of nature – plays in informing your writing; whether you know it or not. The course is taught by award-winning novelist, poet and essayist Paul Kingsnorth.

Photography and drawing workshops at the Burren College of Art

If you'd like to learn more about “**Working with Photographs and Digital Photography**”, Robert Ellis will be your tutor for five intense days, capturing and enjoying the Burren landscape. If you prefer drawing, why not sign up to and (re) discover “How to use your eyes” – under the guidance of Prof Timothy Emlyn Jones, who will encourage you to draw big and have fun while doing it.

To sign up email julia@burrencollege.ie.



For more info www.burren.ie/events/





What's On

Burren Connection at The Burren College of Art

Early Marks | Keith Payne
July 26 – September 7, 2018

OPENING RECEPTION: THURSDAY, JULY 26, 6 – 8 PM

Opening remarks by Louise Janvier

For the 2018 Burren Connection Exhibition, Burren College of Art is pleased to host **Early Marks**. The Burren Connection series highlights art which takes inspiration from the unique environment of the Burren and its relation to global ecological concerns.

Early Marks is a study of the beginnings of art, and possible source of, a prehistoric worldwide visual language through large-scale paintings and sculptures by UK/Ireland artist, **Keith Payne**. For many years, Payne worked in the entertainment industry which enabled him to travel the world and pursue his interest in prehistoric art.



About Early Marks

The language of 'Early Marks' consists of imagery, symbols and patterns that have been left in the physical world but created in the 'other world'.

A Geno-graphic Map of human migration out of Africa acts as a guide to locating the places in the world relevant to the images displayed. There is no Time associated with any of the works, as Time is a construct invented long after the images on exhibition. Hunter- Gatherers, the makers of Early Marks, lived in a visionary state now lost to western civilization.

For more info visit:

www.burrencollege.ie/early-marks-keith-payne/

Contact: Lisa Newman lisa@burrencollege.ie +353 657077200





What's On

Live at the Barn Gigs—Hotel Doolin

"Live at the Barn "gigs are taking place at Hotel Doolin on the 6th & 7th of August 2018

6th of August: Luka Bloom & The Fiddle Case

7th of August: Kila

Tickets for each gig are €25.00 and doors open at 9pm.

Doors: 8pm **Concert:** 9pm

Tickets: 20 euro – 25 euro

Book online: www.tickets.ie (subject to booking fee)

Book by Phone: Hotel Doolin: +353(0)65 707 4111

Under 18's must accompanied by an adult

Hotel Doolin & Conor Byrne Present:
LIVE AT THE BARN

LUKA BLOOM
with special guests
THE FIDDLE CASE
Monday 6th August, 9pm, €20

KILA
and surprise special guests
Tuesday 7th August, 9pm, €25

Venue: THE BARN @ HOTEL DOOLIN
BOOKINGS: www.tickets.ie
(online booking fees apply)
Tel: +353(0)65 707 4111
Further Details: www.hoteldoolin.ie

HOTEL DOOLIN





What's On

Burren Nature Sanctuary

Opening hours:

July and August - Monday to Sunday 10am-6pm

In September Wednesday to Sunday 10am-6pm



Daily Burren Walk Nature Trail Pick up a map and explore the looped nature trail through natural Burren habitats

Daily Burren Walk Audio Guide Download our free audio tour and explore the natural and cultural heritage of the the Burren landscape

Daily Animal Handling at 11.30am & 3.30pm Meet and feed the friendly farm pets: goats, rabbits, guinea pigs and alpacas

Friday Fairy Woodland Walk at 11.00am Explore the ancient hazel woodland, discover who lives in the magical fairy houses

Saturday Fairy Woodland Walk at 11.00am Explore the ancient hazel woodland, discover who lives in the magical fairy houses

Sunday Walk with a Micro Pig at 11.00am Join Emilia the micro pig on a fun walk exploring the Burren nature trail



Burren Nature Sanctuary

Cloonasee, Kinvara, Co Galway,

(091) 637 444, info@bns.ie

www.bns.ie





What's On

The Merriman Hotel

The Merriman Hotel now offers Carvery Lunch every Sunday, with a vast array of Dishes to suit all tastes and budgets, prepared daily by their vastly experienced panel of chefs.

Every Friday BBQ join the Merriman team from 6pm - 8.30pm with live music each night.

Live Music nights every:

Thursdays: Sets on a Thursday with Billy Carr 9pm-12pm

Friday country corner with weekly special guests 6.30-9.30pm

Saturday: 10.30-12.30pm

Sunday: evening trad 5.30pm-7PM with local musicians.



www.merrimanhotel.com





What's On

Taste the Wild Atlantic Way

Forage the Flaggy Shore for Seaweed with **Oonagh 'Wild Kitchen'**. Feel the breeze on your face and taste the sea salt in the foraged seaweeds and fresh oysters.

Oonagh will teach you all about traditional drying, storage and methods of cooking Seaweed.

Learn the history of the Native and Gigas Oysters from Conor (Irish Oyster Opener) or Vincent (International Oyster Opening Judge) along with the skill of shucking.

Return to warm welcome at Linnane's Lobster Bar for Seafood Chowder and fresh brown bread.

This event will be held late morning on the first Thursday of every the month. Times will be confirmed depending on the tides. Group bookings can also be arranged.

Please contact linnaneslobsterbar@gmail.com
or call (065) 7078120 for more details or to make a booking.



Sunny Day Discount at Doolin Cave

Stay Cool at Doolin Cave this summer. When the temperature rises see the price drop!!





News from The Burren

Euphoria!! The new Burren Beer.....

Celebration of EUPHORIA from the Burren Brewery

27 October 2018, 6pm

On the Saturday of the October bank holiday, a new beer will officially be launched in the Burren Storehouse. It is called EUPHORIA, and well-known beerista Sorcha Hamilton from the Irish Times as well as wine and food critic Leslie Williams from the Irish Examiner will be giving talks.

Euphoria is a unique beer made without the help of hops. Master brewer Peter Curtin went out into the Burren, and collected wild yeast from the air which was then magically combined with six different herbs gathered by herbalist Lisa Guinan. "The Happy Beer" got its name from the mild-euphoric effect it can have on those who drink it.

The launch will celebrate the wonderful combination of Burren's nature, its wild components and man's ingenuity in using those ingredients to turn them into something else.



Airmid Soap

Airmid Natural Irish Skincare have been chosen to represent Local Enterprise Clare at The Ploughing Championships 2018. As part of its National Programme the Local Enterprise Offices are hosting a Local Enterprise Village at the National Ploughing Championships being held this year in Tullamore, Co Offaly from Sept 18th – 20th 2018



Aillwee bear was living alongside first Irish settlers

In 1976, hundreds of animal bones were discovered in Aillwee Cave when it was first developed as a tourist site. Botanist Brian Ottway of University College Galway collected these bones and carried out a basic study of the remains. He identified over 20 bear bones from the cave, including a bear skull. Since then, bear has become the iconic symbol of Aillwee Cave, and the most famous bear in Ireland!

In 2018, a project directed by Dr Marion Dowd of IT Sligo, sought to reanalyse the 453 animal bones that survived and date some of the remains. Dr Ruth Carden of UCD analysed the animal bones. Sheila Hamilton-Dyer examined the bird bones.

It was believed that only one bear was represented in the remains from Aillwee Cave but radiocarbon dating carried out by the Chrono Centre at Queen's University Belfast revealed the presence of two ancient bears from Aillwee Cave.

The bear skull from Aillwee has been radiocarbon dated to the Early Mesolithic and is 10,400 years old. The population of Ireland at this time was quite low, with probably fewer than 1,000 people in the entire country. These groups would have been nomadic hunter gatherers who did not live in permanent settlements but moved around the landscape during the year following food resources. Wild pig, salmon, eel and hazelnuts formed an important component of their diet. The Mesolithic bear from Aillwee indicates that the Burren was forested at this time as brown bear could not have survived in the exposed limestone Burren that we know today. This bear was male and a sub-adult (1.5-5 years old). He may have been using the cave as a den, or for hibernation, and died there. A bear bone from Glencurran Cave in the Burren National Park, approximately 7km from Aillwee, has also been radiocarbon dated to the Early Mesolithic and is 9,000 years old – making the Aillwee bear older by 1,400 years.

A bear tibia (leg bone) from Aillwee has been radiocarbon dated to the Late Neolithic and is just over 4,600 years old. This bone came from an adult bear and has a chop-mark that suggests the bear carcass was butchered by humans. It was during

the Neolithic that megalithic monuments such as Newgrange passage tomb were built. Poul-nabrone portal tomb, just down the road from Aillwee Cave, was also constructed during the Neolithic but is almost a thousand years older than the Aillwee bear. However, Poul-nabrone would have still been a focus for religious rituals when the Neolithic Aillwee bear roamed the surrounding forests.



Image By Ken Williams



News From The Burren

Aillwee bear continues...

A horse tooth from Aillwee has been dated to the Iron Age and is 2,100 years old. In total, seven horse teeth came from the cave but no other horse bones. By the Iron Age the landscape of the Burren would have looked similar to nowadays, with little forestry remaining and much of the karst geology exposed. There is very little evidence of Iron Age people in the Burren, though an Iron Age bridle bit was found near Corofin. Horse fittings are common Iron Age finds around Ireland and testify to the importance of horse for farming, transport and warfare. Throughout Iron Age Europe, the horse acted as a symbol of status, wealth and prestige. Horses were also sometimes included with human burials or buried in their own right. Horses at this time were much smaller than modern horses, and would have been about the size of a Shetland pony. The Iron Age Aillwee horse was presumably owned by someone who lived in the locality, but how the teeth entered the cave is not known.

In more recent centuries, part of the cave served as a fox den. Many of the animal bones represent prey eaten in the cave, as evidenced by carnivore gnawing on the bones. Partial remains of 11 lambs and goat kids, 1 sheep, 4 rabbits, 5 hares, 2 chickens, 2 domestic geese and 4 domestic ducks were recovered. It appears that in several cases only parts of these prey animals were brought back to the cave. Radiocarbon dates suggest fox occupation potentially between 1660 the 1970s.

Though this collection of animal bones is largely natural in origin, there is some evidence of human archaeological activity in and around the cave. One hare bone of unknown date was burnt and may represent the remains of meal preparation and consumption near the cave. The only pig bone from the site had been sawn at both ends with a metal hand saw. This bone was dated to approximately 250 years ago and likely derived from a local farmhouse sometime between 1490 and 1810. Like the hare bone, the pig bone may have been brought into the cave by a fox.



Image By Ken Williams





Blog

Irish Hospitality at it's Best!

In June 2018, seventeen members of the Lally and Masse clan from the United States stepped into the Roadside Tavern for refreshments. Now, Ireland is well known for its warm hospitality and a natural curiosity for the people passing through. But what this group didn't expect was the special kind of hospitality they received from the owner himself, Peter Curtin.

Peter Curtin is not only the third generation owner of the Roadside Tavern, the master brewer of the Burren Brewery under the same roof as the Tavern, and an inventor. He is also a fountain of knowledge. Must be all the smoked salmon they smoke next door in the Burren Smokehouse!

So when the members of the Lally and Masse clan stepped into the Roadside Tavern, they also entered a kind of history hub. Peter and the visitors got talking, and it did not take long for them to discover thanks to Peter, that they might have a famous cousin – athlete and Olympian Sonia O'Sullivan no less! After their visit, one of the Masse family contacted her management company hoping that he can connect strands of the family history that are a bit sketchy.

Speaking of strands, it turned out that the Lally and Masse clan have connections to Lisdoonvarna through their ancestors called STRAND who used to have a Temperance Bar in Tivoli Terrace, Church Street.

Peter drew the connection and put them in contact with the current resident of that very same house who showed them the historical photo from the Lawrence Collection, taken in 1908.

It seems that the musical roots and talent of today's clan members stem from Lisdoonvarna. Among others it must have been Cathy Strand playing the accordion at the time, who must have passed on the musical genes to her descendants.

So this is what can happen when you step into a pub in Ireland, and especially into the Roadside Tavern in Lisdoonvarna – you might get more than just food and drink!

www.roadsidetavern.ie





Blog

Stonecutters Kitchen Bringing new Flavours to the Burren

Stop over at Stonecutters Kitchen at the Cliffs Road, Doolin and sample a delicious home cooked meal washed down with their new range of local beers from Western Herd Brewing . Or if you feel fruity why not try their new ciders from Longueville House!



The Botany Bubble

The Botany Bubble at Burren Nature Sanctuary houses the National Collection of Burren flora and wild flowers in season. This botanical exhibit displays the different Burren habitats of orchid rich grassland, heath, limestone pavement and coastal. Learn how to identify plants before heading out into the wider Burren.

We have created a new short looped walk that takes you through the wildflower meadow, giving the opportunity to see the spectacular Burren orchids and wildflowers blooming, as butterflies and bees dance around them.

Many visitors to the Burren are interested in the traditional uses of our wild plants. At Burren Nature Sanctuary we have created a hedgerow garden planted in a beautiful stone serpent sculpture. Alongside this colourful information panels illustrate the various traditional uses of these plants to soothe and heal.

Visit the Botany Bubble at Burren Nature Sanctuary!

**THE NEXT EDITION OF THE BURREN NEWSLETTER WILL BE OUT
IN OCTOBER THANK YOU ALL FOR YOUR CONTINUE SUPPORT OF THE
BURREN!!!**

