



Munterconnaught Our Community Newsletter

ourMCnews@gmail.com

086-0828040

11th March 2022



OUR NEW COMMUNITY NEWSLETTER

FREE to all readers (in paper form and by email).

EMAIL- Contact above email to get your edition.

PAPER – collect it in the shop.

YOUR INPUT is welcome. All are welcome to contribute news.

Advertisers are welcome. €10 per edition. €60 for a full year's advertisement

A happy & safe
St Patrick's Day
to all, near and far.

CELEBRATIONS

Congrats to **Jennifer Hetheron & Gerard Glennon** and their daughter Lacey, on the birth of gorgeous twins - Billy and Ally in January.

Congrats to **Martina and Ivan O'Hara**, on the birth of their beautiful little daughter **Éadaoin**.

Congrats to **Cavan Over-50 Pool Team** who won the ALL IRELAND POOL CHAMPIONSHIPS. The team included locals John and Jenny Dowd (Island), and Eugene Yore (Carnaross). Our sincere condolences to Eugene whose mother died recently.

RECENT DEATHS

Annamay Gillett (nee Tighe), Ryefield. Our condolences to her husband Les, son Paul and daughter Caroline and her family. Our sympathy also to her siblings - Matt, Owen, Robert, Ned, Austin, Larry, Bridie, Philomena, Christina, Sheila, Patricia and Dolores.


Mary McDonagh, Stockport, England. Our sincere sympathy to her mother Kathleen (nee Caffrey, Knocknagarton) and her brothers Ricky and Patrick, and extended family. Condolences also to her cousins Catherine, Theresa, Angela, John and Thomas Caffrey in Knocknagarton and the extended Caffrey family. Her funeral will take place in BJD church on Monday 14th March, followed by burial in Munterconnaught.

UPCOMING EVENTS IN MARCH

SUN 13th. First Mass in newly renovated church, will be held at 11am to facilitate the elderly in our community. This is a once-off 11am Sunday Mass.

THURS 17th:  **ST PATRICK PARADES.** Oldcastle 12 noon. Mullagh 5pm. BJD 4pm (Mart)

 **TRAD Session** in the Ramor Inn. Starts 7pm. Calling all musicians. Also, raffle on the night with all proceeds going towards **Ukrainian Crisis**.

 **St Patrick's Well.** It is customary for locals to visit St Patrick's well for cures, on 17th March. It is located in Boolies, Oldcastle and can be accessed off the Rahard Road.

FRI 18th in Ramor Inn to GAA presentation to **Div 3 reserve league winning team**. See pg 7.

SUN 20th. Invitation to **Open day at Crafts of Ireland**, Knocknaveigh. Full details on page 10.

LINE DANCING. Every Wednesday in GAA Clubrooms. See pg 7 for more info.

DARKNESS INTO LIGHT. 7th May 2022. <https://www.darknessintolight.ie/>



UKRAINE DISASTER

Helen from Beherna & Ukraine said I would like to extend sincere gratitude from our family and all of Ukraine to all the community for your help, care and support, prayer and everything else. The following is still needed: **underwear for men, women and children, daily hygiene items, babies food, tea, coffee, cookies, food that lasts a long time. Pet food. Special military shoes.** Thank you so much ❤️❤️❤️🙏🙏🙏 God Bless you all !!! For info: 089-2229079. Eircode: A82F443



The people from Muterconnught and Ireland say God bless you all, We will help in any way we can.

Where do I register to accommodate Ukrainian refugees? You can offer a spare room or a vacant property <https://registerofpledges.redcross.ie>

KNOCKTEMPLE NS SCHOOL NEWS 049-8547081

Email: knocktempleschool@gmail.com **Website:** www.knocktemplens.ie

Enrolment 2022/23. Reminder to Parents. Please complete your letter of acceptance before next Tuesday 15th March. Reply to office@knocktemplens.ie Failure to accept an offer in the prescribed time may result in the offer being withdrawn.

Bake Sale for Ukraine: A huge thank you to pupils, staff, families and community members for an incredible €2,500 raised for Ukraine. A special thanks to 5th and 6th class and their teacher Ms. Reilly who coordinated the event. This was very much a community effort and we are very grateful for all the support we received locally for this worthy cause.

HERITAGE - CROSSROADS

Our Local Heritage project. We aim to log every house in the parish (past and present), and give a little history about the house, and its occupants. So if you know any house / ruins / rubble or green patch which was once the home of somebody, write it down. Find out any information you can about it, and when this lockdown is over, we will get our project moving. Meanwhile, remember, pick up the phone and make local enquiries. For more info phone Pauline Hankin at 086-3396394. **If everybody starts with the house they are living in, it will be a good start.**

Tithe applotment books. <https://cavantownlands.com/tithe-applotment-books-of-1832/> and could help fill up some blanks.

Crossroads

We are continuing to develop the crossroads and a **Replica Forge** is being built on the site of where the original Wood's Forge was in operation and where Pikes & Swords were made for the 1798 Rebellion. A lot of history involved, and it is being built by our own local stonemason Tom Brady. *(More information regarding Wood's Forge will be included in an upcoming edition of this newsletter).*

There are many other projects on the drawing board, and we are **open to suggestions** for other enhancements.

Thanks to all the helpers who turned out to cut and weed the Crossroads over the weekend. We want to have it looking its best for Saint Patrick's Weekend. Daffodils are in full bloom and flower bed shrubs will be replaced soon.

We would appeal to the community to **become more active in the Crossroads and its upkeep.** All voluntary help will be much appreciated and send your name on to Noel Mc Enroe or Pauline Hankin and we will add you to our Social Media Groups and you can also look up, post & share on our Facebook page.

ST. BARTHOLOMEW'S REFURBISHMENT PROJECT UPDATE



The internal refurbishment of the church has been completed. The church will reopen this coming **Sunday 13th March**. To celebrate the refurbishment of the church **Sunday Mass on March 13th will be at 11am** which will give as many parishioners as possible the opportunity to attend this Mass of thanksgiving and view the finished work. The choir will be back and will provide the music for this special Mass. A sincere thanks to all involved for their professionalism in what is a wonderful, finished job. It is planned to proceed with painting the outside of the church as soon as the weather is suitable.

A huge thank you to the people of Munterconnaught for your very generous financial contributions so far. To date **€22,295** has been contributed. Additional contributions are welcome. Parishioners are invited to support this project by making a voluntary donation towards the costs involved. You may donate in any of the following ways:

1. By using GoFundMe online Fundraiser
St. Bartholomew's Church Munterconnaught Refurbishment
2. By putting your donation in an envelope marked – FAO Fr Kevin, Refurbishment Works and placing it in the basket at Sunday Mass or leaving it into the Parochial House.
3. By bank transfer. Bank Account details are St. Bartholomew's Church.
BIC: **ULSB IE 2D** IBAN - **IE36 ULSB 9852 8006 1902 79**
4. By contacting the Parish number below to make arrangements with a member of the committee. Call or text **083-097 2655**. Enquiries can also be made to this number.

Please donate – All Donations Greatly Appreciated.

DOGS

Large dogs: Owners be aware that large dogs, including Alsatians (German Shepherds) and Rottweilers are required by LAW to keep animals on a lead and wear muzzles. Some people are allowing their large dogs to walk through Coronagh Woods, off a lead – and we would like you to be aware that there are a number of elderly and frail persons on this road including someone with a severe disability. Also, children ride horses here and are in danger of being thrown - by dogs left off a leash.

Loose Dogs on the road are very dangerous, and can get excited if let loose. Be careful with your precious pet, try and keep them on a lead when walking, and make sure you have them secured and safe when at home.

Worrying Sheep: Dog Owners be aware that this is the time for the arrival of new born lambs. Heavily pregnant sheep and lambs are very vulnerable. Be aware, if your dog **IS** worrying sheep, you are liable for the cost of damage. ALSO ... you may not be aware of this, but a farmer is legally entitled to shoot a dog that is worrying his/her sheep.

Knocktemple Motte and Bailey by Declan Cooney

A motte and bailey was a type of fortification which was common across much of northern Europe during the Middle Ages. It consisted of a wooden or stone keep (motte) situated on a raised area of ground. The motte was accompanied by a walled courtyard into which cattle could be driven at night. This was known as a bailey and was usually surrounded by a protective ditch. The motte and bailey was introduced to Ireland by the Normans in the 12th and 13th centuries; many of them were later replaced by strong stone castles.

In the townland of Knocktemple, on a narrow headland jutting out into Lough Ramor, is the site of a fairly large motte and bailey, which is marked “Castle” on some Ordnance Survey maps.

The site in Knocktemple was extensively studied in the 1940s by Oliver Davies (1905-1986), an eminent archaeologist who lectured in Archaeology and Ancient History in Queen’s University, Belfast. Davies stated that the motte could “without hesitation” be regarded as Norman. He described the motte and bailey as being cut off from the mainland by an external bank and a fosse (ditch). The motte comprised a high steep-sided flat-topped circular earthen mound, the summit of which was also circular. The bailey comprised two courts separated by a low stone wall. The outer court adjoined a rectangular depression which may have been used as a slipway for boats (Davies was of the opinion that the lake had formerly been higher). There was no trace of any building within the bailey.

Oliver Davies’ article “The Castles of County Cavan, Part 1” was originally published in the *Ulster Journal of Archaeology* in 1948. In 2013, Cumann Seanchais Bhreifne republished it, along with a number of other articles by Davies, in their journal *Breifne*.



This photo of the Bailey at Lakeview was taken by Sean O’Brien (RIP).

THE GREEN4C BUSINESS INNOVATION CHALLENGE (BIC)

A unique opportunity to make green care innovative ideas growing Co-funded by the Erasmus+ of the European Union, Green4C is a Knowledge Alliance project promoting nature-based solutions for health, wellbeing, and social inclusion. Bringing together universities, businesses, and organisations, Green4C wants to provide interdisciplinary skills and encourage innovation & entrepreneurship in Green Care. The term Green Care refers to a “range of activities that promotes physical and mental health and well-being through contact with nature”. In the last few decades, a growing body of research is demonstrating the benefits of the contact with nature on health and wellbeing. Green Care can improve mental and physical health, representing an efficient tool for public health issues. In addition, activities such as social farming or community gardening can promote social inclusion and address other social issues. Recognising the central role of nature for the development of a healthier and more sustainable future, Green4C seeks to foster Green Care as an efficient answer to environmental, health, and social concerns. To stimulate the creation of innovative Green Care initiatives, the Green4C team has produced an interesting new opportunity, the BIC. **The BIC is a free competition for anyone with innovative ideas involving nature, health, and wellbeing.** Participants will compete by presenting their business or projects ideas to promote the health and social benefits of nature. Ideas can involve one or more Green4C thematic sectors, i.e., Forest-based care, Urban green care, Social agriculture, and Green care tourism. Winners of the BIC will gain access to the Green4C Summer School. The Summer School is a high specialisation course taking place in Italy (from the 20th of June to the 8th of July 2022), at the Agripolis campus of the University of Padova. Top European experts in Green Care will be sharing knowledge and best practices on entrepreneurship, forestry, nature-based solutions, health, and much more. The aim of this course is to give students all the necessary tools to realise innovative Green Care initiatives. Only 25 participants will be selected for the Summer School. The deadline to participate in the BIC is the 3rd of April 2022, at 23.59 CEST. To apply, participants must fill out the application form, which includes the presentation of their business or project idea in Green Care. Learn all the details about the BIC on bit.ly/green4c-bic.

The Green4C project, co-funded by the Erasmus+ Programme by the European Union, aims at increasing Europe’s innovation capacity among universities and businesses to promote green and natural approaches to health and social care. For further info - info@greenforcare.eu www.greenforcare.eu
www.facebook.com/greenforcare



CLUB MEMBERSHIP GAA 2022 - REGISTRATION IS NOW OPEN

The link to the online club registration for membership and yearly lotto renewals is:
<http://www.foireann.ie>

Points to note:

1. You must have a Foireann account to complete club registration. Most people will have this from last year.
2. If you don't have an account, log on to [Foireann.ie](http://www.foireann.ie) and first register as a new user.
3. Follow the instructions here to create your account and profile.
4. Make sure you link Munterconnaught gfc to your Foireann profile.

You are now ready to register as a member of our football club.

Young children enrolled to begin Knocktemple NS in September 2022 are welcome to register and join the U7 group. Please contact Joanne before registering online.

If you have any difficulties do not hesitate to contact:

Club treasurer, Paraic 086 2538915. Club Secretary, David 087 9517657 or Underage Secretary, Joanne 087 7831286

CLUB MEMBERSHIP PACKAGES AVAILABLE 2022 is now due

on Foireann.ie to Munterconnaught members include:

- 1) Family (2 adults and up to 4 youths) + 3 panel annual lotto....€290
- 2) Adult Family (2 adults) + 1 panel annual lotto...€240
- 3) Single adult + 3 panel annual lotto...€200.
- 4) Single adult membership....€70
- 5) Senior Player....€70
- 6) Senior Player + 1 panel yearly lotto....€110
- 7) Student player...€40
- 8) Social membership....€30
- 9) Underage ×1 = €30. Underage ×2 = €55 Underage (up to 4 children) = €90
- 10) Handball/Racquetball membership. Adult....€25. Youth....€20

For membership packages with descriptions - See your account on Foireann.ie Registration 2022

The link to the online club registration for membership and yearly lotto renewals is:

<http://www.foireann.ie>

Club Officers 2022: Chairperson-**John Lynch**. Secretary- **David Cremin**. Treasurer- **Paraic Hetherton**. PRO- **Aisling Matthews**. Coaching Officer- **Brendan O'Shea**

Fixtures: Please see the football club social media pages for up to date club fixtures

Handball Update: Hard luck to Vincent Mulvey who narrowly lost out in the final of the Golden Masters B Singles Final by 21-13, 14-21, 7-11. Also, hard luck to Dwayne Leggett who also narrowly lost out in the Silver Masters B to Singles Final by 19-21, 21-7, 7-11. Many congratulations to both Vincent & Dwayne in reaching their respective finals.

LOTTO RESULTS

****Club Lotto News:** Starting from and including the lotto draw of Monday 7th Mar '22, numbers will be drawn from a range of 1-32, as opposed to the previous range of 1-30. Members of the Finance committee will be in contact with all lotto players very shortly in relation to this change. Thank you.

7th Feb. Nos: 03, 04, 05, 14. Jackpot €3,600. No winner. QP winners: Dympna Brady Ryefield; Katrina Grant Ryefield; John Matthews; Tommy Conaty Crossafehin.

14th Feb. Nos: 08, 10, 14, 16. Jackpot €3,700. No Winner. QP winners: Frank Skelly, Beherna, Martin & Ann Hetherton, Croghan, Tina Walsh, Knocktemple; Teresa Finnegan, Church St., Oldcastle

21st Feb. Nos 04, 10, 11, 27. Jackpot €3,800. No Winner. QP winners: Rory Galligan, Kitty Gilsenan, Fetherston Family Beherna, Linda Gill Crossafehin.

28th Feb. Nos: 13, 15, 20, 23. Jackpot €3,900. No Winner. QP winners: Caroline Gilsenan, Knocknagarton: Helen O'Reilly, Coronagh; Antoinette Blake, Ballinacree; Larry Fitzsimons, Fennor.

Congratulations to all winners. Thank you for playing our lotto and supporting our club.

Next weeks jackpot €4,000

Last Man Standing Players Fundraiser - Update: Round 4 Update: 23 fell from Round 4. 8 still standing going in to next weekend Round 5. Please see club social media outlets for updates.

Upcoming Medal Presentation: The club are presenting our successful **Div 3 reserve league winning team** with their medals on **Friday 18th March in the Ramor Inn.** Music and food on the night. This is the clubs first senior social event since pre covid so it promises to be a good night fun.



Presentation of medals by Raymond Galligan, Cavan Goalie and All-Star, to the **Blackwater Gaels U12** team. The recent presentation of medals marked the U-12 team's achievement - winning the Div 2 Championship shield in Nov. It was a very successful event and we hope that everyone had a great evening.



A massive thank you has to be given to **James Brady** from 'James Brady Kitchens' and **John O'Reilly** from 'Breffni Mobility' for sponsoring jumpers for the team and management.

Munterconnaught / Mounnugent LGFA (Ladies Football Club)

Girls born 2010 – 2012 are eligible and must be registered on-line via Foireann. Contact Colleen on 087 239 2860 for further details.

Line dancing: on Wednesdays in the Clubrooms. 8-9pm for Beginners. 9-10 for fun. Ring Stella to book your place. 087-6469469. Pay as you go. €10.

INTERESTING & LOCAL FACEBOOK AND WHATSAPP GROUPS

Our community Whatsapp groups.

- Our community WhatsApp group. 086-397 1634
- Local Gardening WhatsApp group. 086-0828040.

Interesting Facebook pages

- MuintirConnacht GAA (fb)
- Munterconnaught Community (fb)
- Cavan Old Irish Photos (fb)
- Cavan Heritage (fb)
- Munterconnaught Heritage Society (fb)
- Munterconnaught Genealogy (fb)
- Munterconnaught Community Alert (fb)
- Munterconnaught Crossroads Development (fb)
- Virginia Ramblers Walking Club (fb)

Interesting websites

- <https://cavantownlands.com/tithe-applotment-books-of-1832/>
- <https://www.duchas.ie/en/cbes> (School's folklore collection, 1937-1939).

Other local phone numbers.

- County Museum, BJD 049-8544070
- Ramor Theatre, Virginia 049-8547074

Community Alert (community alert messages by text).

Hi Folks,

Due to Data Protection we can only hold contact details of those who have completed our Permission Slips.

Thanks to those who have contributed and remain with us. Unfortunately, from February, we must delete those who have not.

Slips are still available by contacting the Committee

Stay Safe & Well in 2022.

Are you feeling low, depressed or under pressure. Help **IS** available

Contact a Samaritan If you need someone to talk to, we listen. We won't judge or tell you what to do.

 samaritans.org/ireland/how-we-can-help/contact-samaritan/

Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

Call 116 123 >

[Find out more about our helpline](#)

Chat with us online

PILOT

Talk to one of our listening volunteers using our new web chat service. For now, we're running the web chat at a small scale, meaning it's not available to everyone yet.

Chat online >

This service is not currently available

[Learn more about our web chat](#)

Write us an email >

Sometimes writing down your thoughts and feelings can help you understand them better.

Write us a letter >

Sometimes writing down your thoughts and feelings can help you better understand them

Self-help app >

Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

MENTAL HEALTH SUPPORTS AVAILABLE turn2me.ie

Mental health supports are available to anyone who may need them online – confidentially and free – through [Turn2me](https://turn2me.ie), which offers three tiers of confidential, safe, anonymous and free services through peer support, support groups and counselling. Services are available at turn2me.ie

Connecting You: This app offers young people from the **age of 12-25 advice and support** and guides them to where they can get help. It was designed by Youth Work Ireland and teenagers and is really user friendly.

POWER – Providing Opportunities for Women in Employment and Reskilling.

If you are a female aged between 18-65 living in counties Cavan, Louth or Monaghan and are not currently in employment, education or training you may be eligible to participate in this free personalised programme.

POWER provides advice on the essentials in getting back to work which include CV building, Cover Letters, Interview Techniques and Personal Marketing.

In addition, the programme also offers training and development opportunities, support to enhance your confidence and motivation, advice on returning to education along with self-employment support & guidance.

For more information: **Call:** 086 140 8229 / **Email:** info@networkpersonnel.ie / **Facebook:** <https://www.facebook.com/POWERMonaghanCavanLouth/>

AGE ACTION'S CARE AND REPAIR.

Age Action's Care and Repair does small DIY jobs, free of charge for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, Age Action will support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital, we can help you.

If you are a professional working with older people who would benefit from this service, you can download a referral form from WWW.ageaction.ie.

Any queries: phone 0818 911 109 email: careandrepair@ageaction.ie



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+353 (0) 86 820 5177

INVITATION TO OUR OPENING DAY

Sunday 20th March 2022. Pop in any time after 4pm.

We are proud to announce the **Opening Day** of our new Building.

You are invited to have a **free cuppa and buns/cake and a chat with locals**. After the past two years, it will be good to meet our neighbours again, in a friendly environment. We are so excited to welcome you all and look forward to seeing as many as possible.

On the day, there will be a **VOLUNTARY** opportunity to donate to the Ukraine Atrocity.

USEFUL EMERGENCY NUMBERS (ALWAYS have your Eircode nearby)

Medical Emergency

In the event of a medical emergency **dial 999**.

My Eircode: A82 _____

There is a **defibrillator at the football club**, located outside the main entrance. This is the only defibrillator in the local community that is immediately available to the public.

The football club is happy to make the defibrillator available to the wider community in the event of an emergency. However it is not in a position to provide a “first responder service” outside of club grounds. **More details on this initiative will be communicated shortly.**

LOCAL GARDA: **VIRGINIA 049-8547002 BAILIEBORO 042-969 4577**

EMERGENCY SERVICES 112 OR 999

LOCAL DOCTORS: Virginia: Dr Igoe 049-8546222 Oldcastle: Dr McKevitt, 049-8541118. Dr Ann Marie Gilsean, 049-8541159

DOC ON CALL 1850 777 911 CAVAN GENERAL HOSP: 049-4376000

ACCORD: 049 4331496. 049-4375004, cavanaccord@eircom.net.

AFFORDABLE LIVE-IN HOMECARE provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom on 087 991 6791 or 087 744 0729. www.alhomecare.ie

CUAN CANCER SUPPORT CENTRE is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. It offers a free & confidential counselling service to service users & their families by appointment. Check out Cuan’s Website (www.cuancavancancer.ie) for more details on services or contact the centre Mon, Wed & Fri. 10am-1pm & 2-4pm. Ph:086 4556632 Email: cuan@cavan.ie

GROW: Help & support in the area of mental health. Anon & confidential. Cavan 086 0201718.

MARY’S MEALS: Their vision is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things. €18.30 will feed a child for an entire school year. We are asking for help to fundraise. “Move for Meals” is encouraging supporters to set themselves a challenge and get active. For more info contact Trish on 086-3140814 or www.marysmeals.ie

RAINBOWS: a support programme to help children & adolescents cope with grief or loss due to separation, bereavement or divorce. 049-4371363

SAMARITANS: Call 116 123 anytime. **Don’t give up.** You have too much to lose.

<https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/>

SOLUS NUA: Support group for those who have lost a partner. 049-4371363

SOSAD: Save our Sons & Daughters. SOSAD Irl works in the N/E to help anyone affected by or concerned about suicide. SOSAD Cavan, www.sosadireland.ie 049 4326339 / 083-4239090

ST VINCENT DE PAUL 086-8312765 Free phone 1800 677 7777

TEARMANN: Domestic Violence Service. 047 72311 Mon –Fri. 9am – 4pm.

TUSLA, CAVAN. 049-4377305

WOMAN’S AID National Freephone Helpline 1800 341 900



Located at the Old Forge Restaurant.

046 924 5799

Open Mon-Sat 10am - 6pm & Sun 11am - 5pm.

Sheridan's Cheesemongers Shop, Cafe & Saturday market is located at the old Forge restaurant. We are continuing to develop our café with lots of new offerings to enjoy in this beautiful space or to take home. We have wonderful coffee, lots of sweet treats and delicious delights, all prepared fresh in our own kitchen.

We are open Monday to Saturday 10am to 6pm and Sundays 11am to 5pm.

Thank you to all our local customers who continue to support us as we develop this unique and exciting location.



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The Ramor Inn Beer Garden

opens each evening at 5pm.

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www.envirostar.ie

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Holiday Home available to Rent

May-July



N/W coast of Donegal



- Two bedroom bungalow newly renovated
- Sleeps 6 people – 2 double beds and a bunk bed
- Situated in Meenlaragh in N/W Donegal Coast
- Beautiful panoramic views of the sea, islands, beach and mountains
- 2 mins walk to Pub, bar food and takeaway
- 1 Km from Magheroarty beach and pier
- 1 km from Teach Coll restaurant

Contact Michelle shellecon@yahoo.ie / 086 8742409