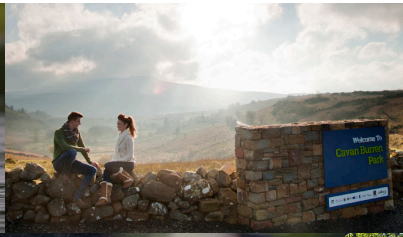
THIS IS
CAVAN!
BEGIN YOUR CAVAN ADVENTURE!

A FEW DAYS IN CAVAN?

Lucky you. Here's a few ideas...
County Cavan is the perfect base from which to explore the historic landscapes of **Ireland's Ancient East** and the dramatic, undulating landscapes of **Ireland's Hidden Heartlands**.



AROUND KILLYKEEN & LOUGH OUGHTER

Cycle the Killykeen Way (11km)
Pedal or walk along gorgeous country lanes, over stone bridges taking in the lake views. Perfect for families. Start in Killeshandra at the Pleasure lake (known locally as the Green lake) on the R201 Cavan Road or in Killykeen Forest Park. **www.thisiscavan.ie**

Killykeen Forest Park
Splendid lakeside forest park with a variety of walking and cycling trails (11km, 4.7km and 3km), fantastic fishing, wildlife, swimming, picnic areas and spectacular views. Not to be missed!

Cavan Adventure Centre, Inishmore, Butlersbridge
Explore the spectacular natural heritage of Lough Oughter and the iconic island castle of Clogh Oughter. Guided and self-guided boat, kayak and canoe trips. Bike hire also available. Fun for families. Ring Sean on 087 290 5752. **www.cavanadventure.com**

Hydro-bikes on Lough Oughter, Inishmore, Butlersbridge
100% pedal powered water bikes are great fun on the water. Easy to ride, safe and stable, the water bikes can be enjoyed by everyone. Fantastic family fun while you explore Carafin Lake. Half-day and full-day hire available. Ring Pauric on 086 881 0014. **www.carafinlodge.ie**

THIS IS
“CAN’T WAIT TO SEE YOU AGAIN”
CAVAN!

WEST CAVAN & THE UNESCO GEOPARK

Cavan Burren Park, Blacklion
A highlight of the UNESCO Geopark, See and touch pre-historic artworks on the megalithic structures of ancient man. Wander through a lost valley, enjoying panoramic views. Visitor centre and four marked trails. Admission free.

Guided tours by appointment: Bee Smith, t: 087 902 7354; Oliver Brady, t: 087 053 0906; Andy King, t: 087 663 8428. €20 per hour. **www.cavanburrenpark.ie**
www.marblearchcavesgeopark.com

The Shannon Pot
Over the road from Cavan Burren Park is the Shannon Pot – the source of the mighty River Shannon. A site of cultural and religious significance. 500m walk and children's playground. t: 049 952 6121.

The Cuilcagh Boardwalk (Stairway to Heaven)
Cuilcagh Legnabrocky Trail, Co. Fermanagh
Now a bucket list experience for many, the Cuilcagh Mountain boardwalk has captured the hearts of minds of everybody who has taken it on. t: 071 985 3941.
www.marblearchcavesgeopark.com

Bear Essentials & Silver Bear Centre, Bawnboy
Personalised and educational teddy bear workshops. Treasure the day by taking home your own handmade teddy bear or visit the showroom. Ongoing events programme. t: 049 952 3461. **www.bearessentials.ie**

Turbet Island, Belturbet
Situated on the banks of the beautiful River Erne. Turbet Island is the site of a Norman wooden fort. Walking trails, information panels, picnic benches and home to Turbet Island Dreamscape art trail.

Rural Adventure
Explore the real Ireland with day and multi-day customised adventure, music and heritage tours in Cavan and beyond. Rockclimbing, kayaking, hiking, abseiling and more! **www.ruraladventure.ie**

Belturbet Boat Company
Hire a day boat for €100 and take a trip on the River Erne, and perhaps a visit to Crom Estate. Boats are covered and price includes fuel, lifejackets, map and instructions. To book contact Sean on 086 821 9838.

Eddie McGrath Traditional Irish Baskets
High quality Irish baskets. Basket weaving, tuition and demonstrations. t: 086 845 8106.
e: traditionalirishbaskets@gmail.com

EAST CAVAN EXPERIENCES

Cavan County Museum & the World War 1 Trench Experience, Virginia Road, Ballyjamesduff
Experience life in the largest outdoor replica trench in Ireland or the UK. Also visit the immersive 1916 experience, indoor exhibitions, playground, café and 'Nun's Walk'. Enjoy a picnic in the Peace Garden. t: 049 854 4070. **www.cavanmuseum.ie**

Open: Tues-Sat 10am-4pm. Adm: €6 adults. €4 OAPs & children. €14 families.

Deerpark Forest, Ballyjamesduff Road, Virginia
Beautiful tree-lined paths skirting along the banks of Lough Ramor with stone bridges and running streams. Four marked trails and beautiful views.

Crafts of Ireland, Cnoc na Fia, Knocknaveagh, Virginia
Unique experiences, demonstrations and classes in wool spinning, butter making, traditional bread, crochet, knitting and more. t: 086 820 5177. **www.craftsofireland.ie**

TRENCH

St. Kilian's Heritage Centre, Mullagh
Dedicated to the life of St. Kilian, who was martyred in Wurzburg, Germany. Visitor centre, coffee and craft shop. Lovely walk overlooking Mullagh Lake nearby. Adm: FREE. t: 049 924 2433. **www.stkiliansheritagecentre.ie**

Dun an Rí Forest Park, Carrickmacross Road, Kingscourt
Explore the historic and magical Cabra Estate with ancient trees, rivers and waterfall. Includes four marked walking trails, wooden animal sculpture trail and picnic benches. Adm: €4 per car.

Castle Lake Forest Trails, Bailieborough
5km marked walking trail around beautiful and historic Castle Lake and demesne. Adm free.

Erica's Fairy Forest, Halton's Amenity area, Cootehill
Discover an award-winning home of the fairies with, a worry plaque, a wishing chair, fairy doors picnic areas, fairy post box and hobbit. Open from dawn till dusk. **www.ericasfairyforest.com**

Killinkere Visitor Farm, Lisnagirl, Virginia
Visit a traditional working farm. Lambs, chicken, piglets and more. t: 087 259 6980 (booking essential). **www.killinkerevisitorfarm.ie**

WALKING TRAILS & EXPERIENCES

The Cavan Way
Gorgeous linear 22km national way-marked trail with trail heads in Blacklion and Dowra.

To find out more about walking trails in Cavan visit **www.thisiscavan.ie** or pick up a copy of our walking guide.

ANGLING DAY – TRIPS & EXPEDITIONS

Castlehamilton Angling Centre of Excellence, Killeshandra Boat and equipment hire, guided fishing trips, accommodation and transport. t: 087 207 5013. www.castlehamilton.com

Pauric McGearty, Carafin Lodge, Butlersbridge
Coarse pike and trout guiding service. Permits arranged. Boat & equipment hire. t: 086 881 0014.
www.carafinlodge.ie/fishing

Brown Trout Day Trips on Lough Sheelin
Lough Sheelin Trout Angling Guide Mountnugent.
t: 087 124 5927. www.loughsheelinguidingservices.com

Ronan Murray Pike Angling Guide - Lough Sillan and Annalee River Cavan/Monaghan. t: 086 393 7182.
www.fb.com/irishpikefishingguides

GOLF DAYS OUT

There are three magnificent eighteen-hole courses in Cavan. Take your pick of PGA National Slieve Russell; Farnham Estate and County Cavan Golf Club. The county also boasts several lovely nine-hole courses. Check out Cabra; Virginia, Crover; Blacklion and Belturbet.

Share your fun experiences in Cavan across any of our social media – **Facebook, Twitter, and Instagram.**

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Cavan
Comhairle Contae an Chabháin
Cavan County Council

THIS IS CAVAN!

IRELAND'S ANCIENT EAST™
Wander Through Time

Ireland's Hidden HEARTLANDS

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