



CABRAGH WETLANDS is a 200 acre Special Area of Conservation (SAC) and a natural gem at the heart of Tipperary, on the R659 between Thurles and Holycross. Mostly alkaline transition fen, the wetlands boast

many habitats, teeming with life and beauty. Reedbeds, wild flower meadows, hedgerow, ponds and river provide thriving and healthy biodiversity.

The Cabragh Wetlands Trust was set up in 1993 to conserve the site, which faced destruction after the close of the local Sugar Factory. Today there are walkways, hides and a Visitor Centre, which is the base for a thriving community group with the 3-fold vision of *Conservation, Recreation* and *Education*. Today, walkers, birdwatchers, photographers, picnickers, artists, families and lovers of nature and peace make routine use of Cabragh.

Admission: By prior arrangement a guided walk for a group will be €5 per person for an hour. **Telephone:** 0504-43879 or **Email:** cabraghwetlands@eircom.net.

School Visits: In 2013 over 40 schools (Primary/Secondary) and youth groups visited Cabragh - over 1500 students. This programme is expanding, with activities developing to meet the needs of pupils of all ages, including adults.

Current Prices: Secondary pupils €5, Primary pupils €3.

www.cabraghwetlands.ie



UPPERCHURCH Enjoy a break in Upperchurch in the heart of Co. Tipperary - come and experience Irish rural life at its best. Come for a walk in our idyllic hills, be tempted to stay for the 'craic' and our world-renowned

hospitality. Upperchurch is a fantastic destination for a range of activities from walking, cycling, horse riding and fishing right through to indoor rock climbing.

Walk on the Wild Side

Put on your walking boots and head for the hills by taking a walk along our scenic trails - it's a walker's paradise. We have a variety of low level walks including our Bog Walk, hill walks and our three Fáilte Ireland approved loop walks (ranging from 6 to 10 km) cover some of the most wonderful undulating hills and forests that Ireland has to offer. Maps for all our walks can be found on www.upperchurch.ie or locally.

Challenge Yourself

Upper Limits, an indoor climbing and bouldering wall, is suitable for everyone over 6 years old looking for a fun challenge and only costs €7 per person for a session lasting up to 2.5 hours.

No experience is needed and all fitness levels are welcomed. It's a great way to challenge yourself, your friends and family.

Based in Upperchurch village, we're open every Wednesday and Thursday evening from 7pm to 9.30pm and on Saturday mornings from 10am to 12.30pm. Bookings are advisable as numbers per session are limited. **Contact 087 391 9190** to book. All equipment is provided - just bring runners, comfortable clothes and a sense of adventure!

Groups and birthday parties catered for outside these times.



Lár na Páirce GAA Museum located in Thurles, the birthplace of the GAA, is home to Ireland's first and oldest collection of Gaelic Games sporting heritage. It houses an impressive collection, including hurleys, footballs, jerseys, trophies, medals, programmes, publications and banners – which brings to life the development of Gaelic Games from ancient times to the present day as well as showing its unique role in Irish history. Recently refurbished, it now features a state of the art audio-visual system to enhance the visitor's experience at key points throughout the tour.

Opening Hours: Mon - Sat: 10.00 a.m. - 5.30 p.m.

Admission: Adults €5, Students/Pensioners €4, Under 16 €3 and Family (2 adults, 2 children) €12.

To book: **Call** 0504 22702.

www.larnapairce.ie

SEMPLE STADIUM Since the foundation of the GAA in Thurles, in 1884, the town has been the 'Mecca' for followers of Gaelic Games, particularly hurling. The town's renowned sports ground Semple Stadium, is considered by generations of Ireland's hurlers as the country's premier hurling venue. With its natural sod and true bounce of the ball, it is here that this ancient Gaelic craft can be seen in all its glory. Guided tours of the stadium last 1 hour.

Admission: €4 per person (minimum number 15 per group). To book: **Email** tippgaa@eircom.net or **Call** 0504-22702.

DISCOVER HIDDEN TIPPERARY



HISTORY

SPORT

CULTURE

COUNTRYSIDE

HERITAGE

FAMILY FUN

THURLES

HOLYCROSS

UPPERCHURCH

www.hiddentipperary.com



CORMACKSTOWN HERITAGE CENTRE

Holycross, Thurles, Co. Tipperary is without doubt one of the largest single private collections of rural memorabilia to be found anywhere in today's Ireland. With artefacts spanning some

three centuries, visitors to the Cormackstown Heritage Centre can:

- Explore a unique large dairy collection including an old style creamery laboratory.
- Experience at first hand the history of the Traveller and the tools of the Tinsmith.
- Experience an old retail shop and meet Margaret the Shop Keeper.
- Visit an old Pub complete with Barmaid.
- Take a trip back in time to view the tools of the Carpenter, the Cobbler, the Wheelwright and of course the Blacksmith's Forge.
- Call into the Old School Room complete with its Teacher and her School Text Books from the past.
- Enter an old style, warm and welcoming Farmhouse Kitchen of the last century.

This welcoming venue is open, for daytime and evening visits, with a guide on hand to talk visitors through the myriad of artefacts currently on display. Group Tours are advised to contact the Cormackstown Heritage Centre in advance.

Telephone: 085 7131584 to book a visit in advance.



Holycross Abbey is a restored medieval monastery on the banks of the River Suir in central Tipperary. It is now a parish church.

Visitors to Holycross Abbey can experience rich history, heritage, folklore and legend, as well as breathtaking art and architecture:

- A Relic of the Cross drew pilgrims from far and wide since the foundation in 1182 AD. Two relics are again displayed in the north transept.
- The Sedilia and Waking Bier are a highpoint in Cistercian art in stone in Ireland.

- An old bell, called Michael, hangs in the tower and is reputedly the oldest church bell in Ireland. It is almost 800 years old.
- It has the widest range of window patterns and tracery of any medieval building.
- It has the only surviving medieval chapter house doorway in Ireland.
- There is a whispering arch.
- The beautiful outdoor Stations of the Cross are the work of Enrico Manfrini, who also designed Pope Francis' ring.

Holycross Community Network offers tours of the Abbey. For further information or to book a tour please **phone** 086 1665869 or **email** holycrossabbeytours@gmail.com. Tours of the Abbey continue every Wednesday and Sunday at 2 p.m. Times will change to adapt to any religious events taking place in the Abbey. We accept donations of €3 to €5.



FARNEY CASTLE An undoubted highlight of a trip to Tipperary is a visit to historic Farney Castle which proclaims the heritage, history and beauty of the Heartlands of Ireland. Come and explore

this jewel set in the peace of rural pastoral countryside, amid the background of soft Irish harp music, peacocks on the lawn and the warm welcome extended to visitors by Cyril and Margie Cullen.

The original Farney Castle was built by Thomas Butler, Earl of Ormond as part of a defensive system to protect his lands in Tipperary 500 years ago. Today, reflecting all periods of its historic past as well as that of a warm and welcoming 21st century home, Farney Castle in the words of Jo Kerrigan of *Ireland Of The Welcomes*—"wears it's centuries with the grace of a true aristocrat".

Award winning International Designer, Cyril Cullen, draws on his zest for life, his passion for music, his love of the craft of knitting and even mathematics to guide his design aesthetic. His Knitwear and Porcelain Collections designed and produced in the converted old stables in the Castle courtyard are available in his Studio Shop. Tours of the Castle daily (admission charge applies). Free parking and free admission to Studio Shop.

Telephone: 0504 43281.

Opening Hours: 10 a.m. to 6 p.m. Monday to Saturday.

Email: farneycastle@eircom.net

Web: <http://:cyrilcullen.wordpress.com>



ST MARY'S FAMINE AND WAR MUSEUM

Thurles contains one of the largest collections of original Great Famine memorabilia in Ireland. In 1995 the Thurles Church of Ireland community kindly donated one third of St Mary's

Church to create this tourist attraction and to commemorate the many Irish people who lost their lives through disease and starvation during the Great Famine period in the Ireland of 1845-1849. It also commemorates all wars from Crimean to Vietnam. Both museums are designed to be as informative and interesting as possible. Popular visitor attractions include:

- The museum site, which is the burial place of Lady Elizabeth Matthew, alias Poyntz, Viscountess of Thurles and progenitor to the present heirs to the British Throne.
- The only existing 'Minutes' of a Famine Food Committee recording the day to day efforts during 1846/47.
- Dan Breen's revolver from the Solohead Ambush, including buttons from tunic of R.I.C. Constable J.A. McDonnell.
- Signatures of Irish Confederation members Thomas Francis Meagher (Meagher of the Sword) & Patrick O'Donoghue, written on a book cover, while detained in Richmond Prison, following the Ballingarry Uprising 1848.
- A Landau Carriage dated 1841 used to examine the potato crop in Co. Tipperary by Joseph Moore Labarte, Barrister and British Government Inspector, appointed to Co. Tipperary during the Great Famine period and influential in the introduction of the Irish railway systems of 1848.

Opening Hours: 10.00 a.m. to 5.30 p.m. May to September. Visits for large groups and outside of normal business hours can be arranged in advance by telephoning 0504 21133.

Entry Charge: Admission rates are €2 per person and applies to groups under 40 in number. A special rate for groups greater than 40 is €65 Inc.

Admission includes a guided tour and lecture, however this should be booked in advance by telephoning 0504 21133.

www.faminemuseum.com

TIPPERARY - IT'S NOT A LONG WAY!