

FREE

Vol. 27 Issue 33/16

Friday 19th August - Thursday 25th August 2016



KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com



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CARRIGALINE

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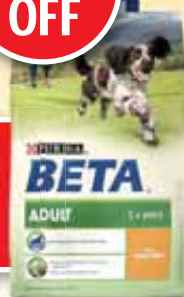
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**Beta Adult Chicken
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2kg**

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LUCY  FRENCH
SCHOOL OF DANCE

NEW TERM BEGINS ON MON SEPT 5TH
 PLACES ARE LIMITED

All current students places have been kept,
 please contact us if your child is not returning.

MONDAY

- 3.30-4.15 Hip Hop A (3rd & 4th class)
- 4.15-5.00 Hip Hop B (5th & 6th class)
- 5.00-5.45 Boy's Hip Hop and Breakdance Level 2
- 5.45-6.45 Boy's Hip Hop and Breakdance Level 1
- 6.45-7.45 Hip Hop C (1st & 2nd years)
- 7.45-9.15 Senior Hip Hop (3rd year & up)

TUESDAY

- 4.15-5.00 RAD Grade 4 Ballet
- 5.00-5.45 RAD Grade 5 Ballet
- 5.45-6.30 RAD Grade 6 Ballet
- 6.30-7.30 RAD Inter Foundation
- 7.30-9.00 Contemporary 3rd year & up, waiting list - must also do ballet

WEDNESDAY

- 3.30-4.00 Pre School Ballet (Age 2½-4½)
- 4.00-4.45 RAD Pre Primary Ballet
- 4.45-5.30 RAD Primary Ballet
- 5.30-6.15 RAD Grade 1 Ballet
- 6.15-7.15 RAD Grade 2 Ballet Group B
- 7.15-8.15 RAD Grade 6 Ballet
- 8.15-9.15 RAD Intermediate

THURSDAY

- 3.30-4.30 Jazz A (1st & 2nd class)
- 4.30-5.30 Jazz B (3rd & 4th class)
- 5.30-6.30 Jazz C (5th & 6th class)
- 6.30-7.30 Senior Jazz (1st - 3rd year)
- 7.30-9.00 Jazz Repertoire (4th year and up)

FRIDAY

- 3.30-4.30 RAD Grade 2 Ballet Group A
- 4.30-5.30 RAD Grade 4 Ballet
- 5.30-6.30 Pre-Vocational Ballet (G4 & 3)
- 6.30-7.30 RAD Grade 5 Ballet
- 7.30-9.00 RAD Inter Foundation Ballet & Pointe

SATURDAY

- 9.30-10.00 Pre School Ballet (2½-4½)
- 10.00-10.45 RAD Pre Primary Ballet
- 10.45-11.30 RAD Primary Ballet
- 11.30-12.30 RAD Grade 4 Ballet
- 12.30-2.00 RAD Intermediate Ballet and Pointe
- 2.00-3.30 Teenage RAD Grade 3 Ballet

To book a place or to be added to the waiting list
 please contact Lucy on

087 9521463 or 021 4773553

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com

BLACKS OF KINSALE 
BREWERY TOURS HANDCRAFTED IN KINSALE, CO. CORK

Tour and beer/spirit tasting at the unique brewery site taproom. A short walk from town, go past Supervalu and follow the walking route signs up under the historic railway arch (5 minutes).

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TUES - SAT



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LATE NIGHT APPOINTMENTS ON MONDAYS

Call Eoin Roe
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ENROLLING NOW

2016 COURSES



KINSALE COMMUNITY SCHOOL
Kinsale, Co. Cork

ENROLMENT DAY:
Wednesday 7th September, 2016 | 9.30am-12noon

COMMENCEMENT DATE:
Monday 12th September, 2016

EQUINE & BUSINESS STUDIES

NEW COURSE FOR 2016

MODULES ON OFFER

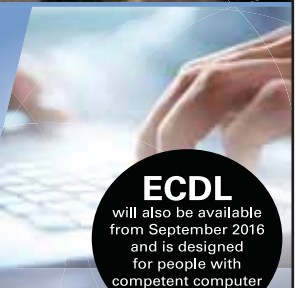
- | | |
|---|-----------------------------------|
| 1. Stable & Yard Routine | 5. Start Your Own Business |
| 2. Sport Horse Riding | 6. Occupational First Aid |
| 3. Equine Anatomy & Physiology | 7. Work Experience |
| 4. Equine Nutrition | 8. Communications |



BUSINESS STUDIES

MODULES ON OFFER

- | | |
|-----------------------------------|--|
| 1. Word Processing | 5. Communications |
| 2. The Internet | 6. Work Experience |
| 3. Spreadsheet Methods | 7. Business Administration Skills |
| 4. Start Your Own Business | 8. Marketing Practice |



ECDL
will also be available from September 2016 and is designed for people with competent computer skills only.



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Fri 19th Aug ALLSORTS
Sat 20th Aug LIVE MUSIC
Sun 21st Aug LIVE MUSIC
Mon 22nd Aug WOODSTOCK, 8pm
Tues 23rd Aug LANNIGAN'S BALL, 8pm
Wed 24th Aug ALLSORTS, 8pm
Thur 25th Aug THE PURE DROP, 8pm

FRIDAY 26th AUGUST
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(The Dolans)

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Why not try something very mild for your first taste of curry.

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SPECIAL MENU**

Sunday-Thursday, 4pm-7pm

**COBRA TANDOORI
KEBAB SPECIALS**

Take Away & Delivery Menu

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FETAC
LEVEL**

5

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- Outdoor Adventure Education
- Office Administration/Computers
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- Multimedia Production
- Theatre Performance/Drama
- Healthcare
- Art
- TV & Film

Courses open to all ages!
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qualifications required**
No CAO points requirement

**OPEN
DAY**
Friday
2nd September

10am–6pm

www.kinsalecollege.ie

**QQI/
FETAC
LEVEL**

6

- Early Childhood Care & Education
- Outdoor Leadership
- Business
- Film & TV Production
- Multimedia Level 6
- Drama: Advanced Acting Course
- Sustainable Horticulture/Permaculture
- Health Service Supervisory Management
- Art



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Vista

PRESENTS

Thursday & Friday **BILLY CROSBIE'S PIANO BAR**

@ *The Marina Lounge*

Friday 19th August
8pm-11pm

TRIBUTE TO
ELVIS PRESLEY
in his anniversary week
Special guest Eamon Jackson

Wednesday 24th, Thursday 25th,
Friday 26th August 8pm-11pm

**100 YEARS OF
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*Thursday & Friday well booked already.
Also taking bookings for Wed 24th August.*

Booking essential 021 4706866



PHYSIO FIT KINSALE

Karen is a certified clinical Pilates instructor & Chartered Physiotherapist with over 10 years teaching experience in Kinsale. She combines both disciplines to help clients maximise core strength, stability and flexibility.

**Autumn Series Starts
Monday 5th September**

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087 6728232



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Christmas 2016



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Bar Food served 7 days 12.30pm to 5.00pm
Bar Food served Tuesday to Saturday
evenings inclusive from 6.00pm

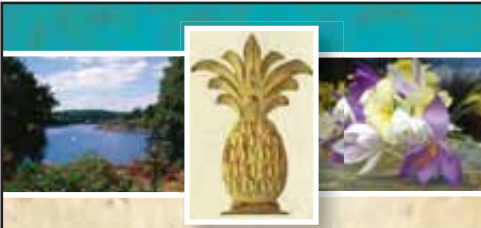


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KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale (behind Actons Hotel, next to the Black Pig Winebar)



AUTUMN 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners/ Improvers Yoga Starts 26th Sept 10 - 11am Rose 087 6166109	Early Bird Asthanga Flow Ongoing 7.30 - 8.30am Gillian 085 2164184	Asthanga (Dynamic) Yoga Starts 7th Sept 9.30 - 10.45am Martina 087 6166109	Early Bird Asthanga Flow Ongoing 7.30 - 8.30am Gillian 085 2164184	Hatha Yoga Gentle Stretch Starts Sept, text to book 11am - 12pm Fiona 086 0529129	Early Bird Hatha Yoga Ongoing, text to book 8 - 9am Veronique 087 3934389
	Mindfulness Meditation & Gentle Yoga Starts 6th Sept 10 - 11am Martina 087 6166109	Hatha Yoga Beginners/ Improvers Starts 7th Sept 11am - 12pm Martina 087 6166109	Yogilates/ Pilates Starts 15th Sept 9.30 - 10.30am Eileen 087 2383849		Hatha Yoga Ongoing 9.30 - 10.45am Veronique 087 3934389
Teens Yoga Starts 19th Sept 5.15 - 6.20pm Mary 087 7623822			Kids Story Yoga 8-12yrs, Course Only 4-5pm Teens Yoga 15+ Starts 19th Sept 5.15 - 6.20pm Both start 22nd Sept Mary 087 7623822		Chi Kung & Relaxation 11am-12pm Tai Chi & Meditation 12.15pm - 1.15pm Both start 10th Sept Pam 087 2132663
Prenatal Yoga Ongoing 6.30 - 7.45pm Eileen 087 2383849	Beginners/ Improvers Yoga Starts 27th Sept 6.30 - 7.45pm Rose 087 6166109	Yogilates/ Pilates Starts 14th Sept 6.30 - 7.45pm Eileen 087 2383849	Sports Yoga For Men & Women Starts 1st Sept 6.30 - 7.45pm Patricia 087 7637514		Beginners 2hr Workshop €25 Asthanga (Dynamic) Yoga Martina 087 6166109 3rd Sept, 11am or 1st Oct, 1.30pm Booking essential!
Yoga for Wellbeing Ongoing 8 - 9.15pm Eileen 087 2383849	Individual Therapeutic Yoga 8 - 9.15pm Eileen 087 2383849 Booking essential!	Mindful Meditation & Gentle Yoga Starts 14th Sept 8 - 9.15pm Eileen 087 2383849	Gentle Flow Yoga Beginners/Improvers Starts 1st Sept 8 - 9.15pm Liz 087 8133718		SUNDAY SANGHA Meditation Txt Veronique 087 3934389 7.45 - 9pm Most Sundays, Donation class

Class times subject to change. Please text/phone teacher for enquiries or to book a class/course.

“DROP IN” WELCOME TO MOST CLASSES (€12) or
BUY A SET/COURSE OF 6 (€60) FROM MOST TEACHERS

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Friday 19th August
MIKE O'RIORDAN

Saturday 20th August
THE ODD COUPLE

Sunday 21st August
AMERICANICS

Monday 22nd August
SINGALONG with Roy



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Pilates Classes

Taught by a Chartered Physiotherapist

Temperance Hall, Kinsale
Wednesdays

6pm for Beginners Pilates Class

**Starting
WED 21st
SEPT 2016**



Spaces limited, to book your place or for more info
please contact Sinéad Considine on 087 9476150
or considine.sinead@gmail.com



BENEFITS OF PHYSIOTHERAPY LED PILATES:

- 1:2:1 initial assessment for new clients, to inform the Physiotherapist of any problems that may be affecting you.
- This also allows the Physiotherapist to tailor the Pilates exercises according to your abilities.
- Attending the classes under the supervision of a Chartered Physiotherapist means that you will gain the benefit of their clinical expertise and explanation why some exercises are better for you than others.

**Classes last for one hour,
every Wednesday for 6 weeks.
Cost for block of 6 classes: €90**

**Initial assessment required for
beginners Pilates classes.**

This is €70 for 1 hour, however the full hour may not be required depending on your medical condition/functional limitation.



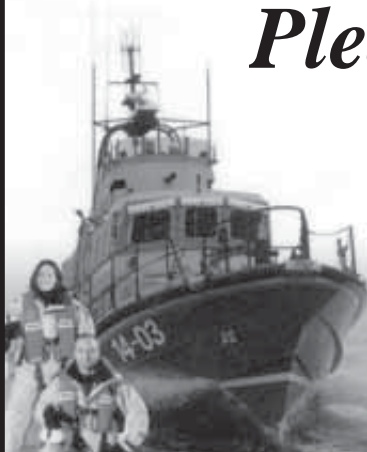


Lifeboats FUNDRAISING NIGHT

Friday 26th August

- *BBQ on The Night*
- *Fun in the Kinsale Yacht Club*
- *Music with Rockin' Gerry*
- *Raffles & Spot Prizes*
- *Everyone Welcome*

Please Support!



Train one, save many

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KINSALE MUSIC PROMOTIONS
PRESENTS

DAVE LAWLOR



ACTONS HOTEL
SATURDAY 20TH AUGUST

ADM. €10 DOORS 9PM

Non Profit - Surplus funds donated to charity.



KTC HOT SHOTS at Kinsale Tennis Club

JUNIOR TENNIS COACHING

INCORPORATING ITF APPROVED PLAY & STAY COLOURED BALL SERIES

Starting Monday 5th September 2016 (8 weeks)

RED BALL LEVEL

MONDAY 3pm Introductory Level (4&5 yrs) Places available
4pm Level 1 (6&7 yrs) Full
5pm Level 2 (7&8 yrs) Places available

TUESDAY 3pm Red Rallier Squad (Invite Only)
4pm Level 1 (6&7 yrs) Places available
5pm Level 2 (7&8 yrs) Places available

ORANGE BALL LEVEL

WEDNESDAY 3pm Introductory Level (9 yrs) Places available
4pm Level 1 (9 yrs) Full
5pm Orange Rallier Squad (Invite Only)

GREEN BALL LEVEL

THURSDAY 3pm Introductory Level (10 yrs) Places available
4pm Level 1 (10 yrs) Places available
5pm **YELLOW BALL LEVEL** (12 yrs) Places available

Call Maria Bolster (Tennis Ireland & KTC Licenced Coach)
to discuss suitable groupings for both Juniors and Adults.
087 2553810 Email: mariatenniskinsale@hotmail.com

ADULT COACHING starts Fri 16th Sept (4 weeks)

Learn to play: 5pm-6.30pm Develop your game: 6.30pm-8pm

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4 Star AA Guesthouse



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BREAKFAST

8am-11.30am

BAR/BISTRO

12pm-10pm

RESTAURANT D'ANTIBES

6pm-10pm



Serving Fresh Seafood,
Shellfish, Steaks & Stews.
Delivered daily by local producers.

Saturday 20th August 10.30pm

Blue Steel

Wednesday 24th August 9pm

Two of a Kind

Thursday 25th August 9pm

Two of a Kind

Friday 19th August

Man. Utd. v Southampton 8pm

Saturday 20th August

Stoke v Man. City 12.30pm

Leicester v Arsenal 5pm

Sunday 21st August

GAA ALL IRELAND FOOTBALL SEMI FINAL

Mayo v Tipperary 3pm

Tuesday 23rd August

ENGLISH LEAGUE CUP SOCCER

Burton A. v Liverpool 7.45pm

MUSIC

SPORTS

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Pain Management / Rehabilitation / Functional Exercise



Some conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/Discomfort/Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/Discomfort
- Strains/Sprains
- Sports Injuries/Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

By appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mobile **087 9872783**

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FRIDAY 19th AUGUST, 10.30pm

THE JAMMASTERS

SATURDAY 20th AUGUST, 10.30pm

THE ANGELS



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2016 European Heritage Week Theme
"People & Place"

Sat 20th & Sun 21st August, 11am-5pm

The Irish Great War Society

Free admission

OTHER EVENTS - ADMISSION RATES MAY APPLY

Thursday 25th August, 1.30pm

Poetry in the Tearooms

with George Harding

Thursday 25th August, 11am & 3pm

Children's Arts & Crafts Workshops

Booking required

PEOPLE & PLACE TRAIL:

100 years of History in Charles Fort

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Music Venue - Guardwell, Kinsale

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**NEW GIN MENU
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Over 50 to
choose from!



FRIDAY 19th AUGUST 10.30pm

KAARA

4 Piece Pop, Rock and Soul

SATURDAY 20th AUGUST 10.00pm

HOT BLOODED ANIMALS

4 Piece Rock Covers

SUNDAY 21st AUGUST 9.00pm

KING K

5 Piece Rockin Covers

THURSDAY 25th AUGUST 9.30pm

GK LOOPS

Funk/Reggae/Contemporary

FRIDAY 26th AUGUST 10.30pm

GDR

3 Piece Rock/Contemporary

Bacchus-Nightclub

FRI 19th AUGUST: DJ MARK

90s Club Classics & Chart. Doors 11:30pm. Free before 12.

SAT 20th AUGUST: DJ SEAN

90s Club Classics & Chart. Doors 11:30pm. Free before 12.

FRI 26th AUGUST: DJ MARK

90s Club Classics & Chart. Doors 11:30pm. Free before 12.



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- Ballinspittle
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WHAT'S ON IN KINSALE & DISTRICT

Friday 19th
August to
Thursday 25th
August 2016

FRI 19th AUGUST

ARMADA: Allsorts.
BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.
BLACKS OF KINSALE:
Brewery Tours, 11am to
4pm on the hour.
BLUE HAVEN BAR:
Alan Murphy, 10pm.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
FOLKHOUSE:
Kaara, 10.30pm.
HAMLETS:
Eoghan Murphy, 9pm.
HARBOUR CRUISE:
Pier Road, 12pm, 2pm,
3pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.
KINSALE WALKING CLUB:
9.30am from Wellness
Club, 4 Newmnan's Mall.
SAM'S BAR:
Mike O'Riordan.
SILENT BANJO:
The Jammasters, 10.30pm
VISTA:
Billy Crosbie's Piano Bar
at The Marina Lounge.
Tribute to Elvis Presley,
with guest Eamon
Jackson. 8pm-11pm.

SAT 20th AUGUST

ACTONS HOTEL:
Dave Lawlor.
Adm: €10. Doors 9pm.
ARMADA: Live Music.
BACCHUS NIGHTCLUB:
DJ Sean, 11.30pm.
BLACKS OF KINSALE:
Brewery Tours, 11am to
4pm on the hour.
BLUE HAVEN:
Grainne Ryan, 10pm.
CHARLES FORT:
The Irish Great War
Society, 11am-5pm.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
FOLKHOUSE:
Hot Blooded Animals, 10pm.
HAMLETS: DJ, 10.30pm.

HARBOUR CRUISE:
Pier Road, 12pm, 2pm,
3pm, 4pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.
KINSALE
WALKING CLUB:
10.30am from Wellness
Club, 4 Newmnan's Mall.
SAM'S BAR:
The Odd Couple.
SILENT BANJO:
The Angels,
10.30pm.
TRIDENT HOTEL:
The Quays.
WHITE HOUSE:
Blue Steel, 10.30pm.

SUN 21st AUGUST

ARMADA:
Live Music.
BLUE HAVEN:
Kurtis Goodwolf, 9pm.
BULMAN BAR:
Jawbone, 6pm.
CHARLES FORT:
The Irish Great War
Society, 11am-5pm.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office, 11.15am.
FOLKHOUSE: King K, 9pm.
HAMLETS:
Pat Carey, 7pm.
HARBOUR CRUISE:
Pier Road, 12pm, 2pm,
3pm, 4pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.
KINSALE BAPTIST
CHURCH:
11am, Temperance Hall.
SAM'S BAR: Americanics.

MON 22nd AUGUST

ARMADA:
Woodstock, 8pm.
BLUE HAVEN:
Arundo, 9.30pm.
DALTON'S BAR: Trad.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
HARBOUR CRUISE:
Pier Road, 12pm, 2pm,
3pm, 5pm.

HERITAGE TOWN WALKS:
Tourist Office, 10.30am.
KINSALE COLLEGE:
Computer Skills Summer
Camp. 10am-1pm.
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KINSALE RFC:
Sharks Rugby Camp.
10.30am to 2pm.
KINSALE ST. JOHN THE
BAPTIST CHURCH:
Perpetual Adoration,
9am - 1pm.
KINSALE WALKING CLUB:
9.30am from Wellness
Club, 4 Newmnan's Mall.
SAM'S BAR:
Singalong with Roy.

TUES 23rd AUGUST

ARMADA:
Lannigan's Ball, 8pm.
BLACKS OF KINSALE:
Brewery Tours, 11am to
4pm on the hour.
BLUE HAVEN:
Sonny & Friends, 9.30pm.
DALTON'S BAR: Trad.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
HARBOUR CRUISE:
Pier Road, 12pm, 2pm,
3pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.

WED 24th AUGUST

ARMADA:
Allsorts, 8pm.
BLACKS OF KINSALE:
Brewery Tours, 11am
to 4pm on the hour.
BLUE HAVEN:
Niall McCabe, 9.30pm.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
HARBOUR CRUISE:
Pier Road, 12pm,
2pm, 3pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.

KINSALE
ST. JOHN THE
BAPTIST CHURCH:
Perpetual Adoration,
9am - 8pm.
KINSALE WALKING CLUB:
9.30am from Wellness
Club, 4 Newmnan's Mall.
VISTA: Billy Crosbie's
Piano Bar at The Marina
Lounge. 100 Years of
Musicals with many
guests. 8pm-11pm.
WHITE HOUSE:
Two of a Kind, 9pm.

THUR 25th AUGUST

ARMADA:
The Pure Drop, 8pm.
BLACKS OF KINSALE:
Brewery Tours, 11am to
4pm on the hour.
BLUE HAVEN:
Arundo, 9.30pm.
CHARLES FORT:
Poetry in the Tearooms
with George Harding,
1.30pm.
Children's Art & Crafts
Workshops, 11am &
3pm. Booking required.
DALTON'S BAR: Trad.
DON & BARRY'S
HISTORIC STROLL:
Tourist Office
9.15am, 11.15am.
FOLKHOUSE:
GK Loops, 9.30pm.
HAMLETS:
Niall McCabe, 9.30pm.
HARBOUR CRUISE:
Pier Road,
12pm, 2pm, 3pm, 5pm.
HERITAGE TOWN WALKS:
Tourist Office, 10.30am.
KINSALE HISTORY SOCIETY:
Lecture by Paul
O'Keefe, "Cannon
at 100 Paces".
Temperance Hall, 8pm.
VISTA:
Billy Crosbie's Piano Bar
at The Marina Lounge.
100 Years of Musicals
with many guests.
8pm-11pm.
WHITE HOUSE:
Two of a Kind, 9pm.



TRIDENT
HOTEL ★ ★ ★ ★ KINSALE



FOREDECK BAR

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BAR IN
KINSALE

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