

FREE

Vol. 25 Issue 34/14

Friday 29th August - Thursday 4th September 2014



KINSALE ADVERTISER

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

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

FOOT LOOSE

KINSALE

64A Main Street, Kinsale.
Phone/Fax: (021) 477 7898

Open 7 Days: **Mon-Sat 10am-6pm & Sun 12pm-6pm**

END OF SEASON CLEARANCE SALE



Gift Vouchers Available
Deposits Taken

STOCKISTS OF

Gabor, Reiker, Ecco, Geox,
Heavenly Feet, Pedro Anton,
Marian, Ruby Shoo, Marila,
Dubarry, Ricosta, Converse,
Tommy Hilfiger & more.

**PRICES
SLASHED**

KENNEDY'S OPTICIANS

Pearse St., Kinsale

Keeping Kinsale Focused

Tel: 021 4773595



**All children should have a
Sight Test before school age.**

NEW STOCK

Ray-Ban adidas

CONVERSE

streetkids
international

Ferrucci

blinx EYESPY

and lots more...

OPENING HOURS: TUES TO THURS: 9.30am-5.30pm, FRI: 8.30am-5.30pm, SAT: 9.30am-3.00pm

The Spaniard

SCILLY, KINSALE

Tel: 477 2436 | www.thespaniard.ie

Friday 29th August

JUG A PUNCH 10pm

Saturday 30th August

FOR FOLK SAKE 10pm

Sunday 31st August

SKELLIG 7pm - 9pm

Wednesday 3rd September

SKELLIG 9pm - late

Food Served All Day Friday - Sunday

Restaurant Open 7 Days
Fantastic New Menu

Now Serving Roast of the Day

~ Private Parties Catered For ~

Call 021 4772436 for details.

The Wild Fish
Gourmet Seafood

Wild Atlantic Cod
Goujons of Monkfish
Hake • Haddock • Calamari
Freshly Cut Maris Piper Potato Chips
Menu varies according to availability

Freshly Caught Fish
Selected fish caught from our own boat, Aurora Borealis,
by Skipper Shane Murphy.

WEDNESDAYS & SATURDAYS
Kinsale Town Car Park
12pm - 7pm

Your Gourmet Fish and Chips is cooked in healthy Donegal Rapeseed Oil
and served in bio-degradable packaging.



FUN ★ EXCITING ★ SPORT
FOR
KIDS



Call or Text **086 822 0107**

Instructor
Mark Buckley
6th Degree Black Belt
First Aid Certified
Garda Vetted
Qualified Coach

Class Info.

Wednesdays

Kubz 5.30-6.15 (ages 4-6)

Taekwon-Do Juniors 6.15pm-7.15pm (7-12)

Fridays

Taekwon-Do Juniors 6.45pm-7.45pm (7-12)

Seniors 7.45pm-8.45pm

Scoil Naomh Eltin, Kinsale

Call or Text **086 822 0107**



 corkITA



CHECK OUT OUR... WORLD BEERS MENU

Unrivalled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobgoblin Ale, London's Pride Ale.
 NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Bru Rua, Kinsale Lager.

Music Venue
 Guardwell, Kinsale
 T: 021 4772382
www.folkhousevenue.com

...ALSO UNRIVALED WHISKEY SELECTION!
 OVER 80 TO CHOOSE FROM!
 IRISH WHISKEY TASTINGS AVAILABLE



Member of the Ireland Whiskey Trail

NEW GIN MENU AVAILABLE
 Over 40 to choose from!



FRI 29th AUG
 10.30pm

KING K
5 Piece Rockin Covers

SAT 30th AUG
 10.00pm

JEROME RIMSON BLUES BAND

SUN 31st AUG
 9.00pm

KING K
5 Piece Rockin Covers

WED 3rd SEPT
 9.30pm

BIG SWINGING MIKEYS
3 Piece Folk/Rock Covers

THUR 4th SEPT
 9.30pm

THE SGs
2 Piece Folk/Contemporary Covers

FRI 5th SEPT
 10.30pm

BAREFOOT GYPSIES
4 Piece Rock Covers

SAT 6th SEPT
 10.00pm

CADILLAC CATS
4 Piece Blues/Rock Covers

ALL PARTIES ALL OCCASIONS CATERING FROM 3 TO 300
ALL SPORTS SHOWN ON 2 BIG SCREENS

Bacchus Nightclub

FRI 29th AUG - DJ SEAN
 All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 30th AUG - DJ SEAN
 90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am

THUR 4th SEPT - DJ MARK
 All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

TRIDENT

HOTEL / KINSALE



BAR & SNACK MENU

Available daily from noon - 9pm.
(Full menu available online)

POPULAR CARVERY

Served daily is a lunchtime
favourite, 12.30 - 2.30pm.


CHILDREN'S MENU

Bring friends & family.

*Relax & enjoy outdoor
seating overlooking the marina.*

Saturday 30th August

*Live Music with
The Long Note*

 FREE WiFi available to customers



Tel: 021 477 9300 Email: info@tridenthotel.com Website: www.tridenthotel.com

Actons of Kinsale

Saturday 30th August

Billy Crosbie and friends

playing in Sidney's Bar, 9.00pm - late
Come and join us for last Summer gig

Food served daily in **Sidney's**
 12pm - 9.45pm

Brasserie available for private hire for all your family gatherings, private parties & corporate events



For enquiries or bookings call 021 477 9900
 info@actonshotelkinsale.com www.actonshotelkinsale.com

HERITAGE EVENTS 2014

CHARLES FORT

FREE ENTRY ALL DAY: SUNDAY 31ST AUGUST

TEL: 021 4772263

CHILDREN'S EVENTS: Fancy Dress, Hippie Costume or Military Attire all optional.

Sunday 31st August	12noon (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Ltd to 12 children.
	1pm	Children's Tour: Gruesome History of the Fort.	No booking
	2-5pm	Face Painting in the Fire Engine Building.	No booking
	2-3pm	Teddy Bear's Picnic on the Main Green. (If weather is poor it will be relocated into the Barrack Stores).	No booking
	3pm (1 hour)	KID'S ART WORKSHOP in the Gunpowder Magazine with Alice & Joan.	Booking reqd. Ltd to 12 children.
	4pm	Fancy Dress Parade (Starts on the Main Green and finishes on the Parade Ground).	No booking

CHARLES FORT TEA ROOMS: OPEN DAILY 10AM - 6PM

NEW TERM? WHY NOT CARPOOL!

Carma matches you with your Kinsale neighbours, so you can share trips, save money, and reduce traffic.

Kinsale



Cork

Rider Savings:

Bus ticket from Kinsale to
Cork: **€6.74** (student fare)

Carmapool from Kinsale to
Cork: **€3.00**

Driver Savings: €2.50 per
rider.

Download Carma today



www.carmacarpool.com



KINSALE RFC

Sharks Rugby



TRY RUGBY DAY

Underage Training is back
on Saturday 6th Sept, 10am

Fun & Games for 6-12yr olds

**Youth Coaches will be there to answer
your questions about Youth Rugby**

**Café serving Nespresso coffees &
delicious home baked cakes and scones.**

For further info please check our website or contact
Peter, Youths Officer: 086 284 1747 or Kim, Minis Officer: 087 7973868



- Full Lunch and Evening Menu served until 10pm
- The Perfect Venue for all Events
- Special Occasions - Christenings - Anniversaries
- Parties - BBQs - Work Events - Social Evenings - Girlie Weekends
- Informal Weddings - Next Day Wedding Celebrations
- All your parties catered for from 5 to 500 people

Private party room and outdoor deck areas

Experience your special day with Hamlets Café Bar Kinsale.

For more details please contact info@hamletsofkinsale.com or 021-4772209
www.hamletsofkinsale.com | The Glen, Kinsale, Co Cork



THE MUNSTER
PROPERTY AUCTION

We are now taking entries.
Contact us today for a free property valuation.

Public Auction: 2nd October No Entry Fees

Now taking entries for
our 2014 Public Auction
Events and ongoing
Online Auctions

Our vendors benefit from

- No upfront costs to pay
- Agreed sellers reserve
- Increased advertising & exposure
- Greater levels of interest & viewings
- Achieve fair market value
- Fixed date to sell & move
- Secure sale
- Offering online & public auctions

The Munster Property Auction is a partnership of auctioneers offering a large selection of residential, commercial and agricultural properties from across the province



July Auction Result: 19/20 Properties Sold



Next Public Auction: 2nd October 2014 at 7pm in the Rochestown Park Hotel, Cork
Contact the Auction Team today for a free auction valuation and advice

t.021 234 9696
www.munsterpropertyauction.ie

PSRA: 2978
iam-sold
Independent Auctioneers' Association

Thank You

Thanks loads to the people of Kinsale and surrounding localities in addition to the clubs, teams, associations, therapists and friends for all your help and support over the last 18 years in both personal and professional capacities. Eoin Roe is the new chiropractor practicing at the Chiropractic Clinic.

I have known Eoin and his family for a number of years. Eoin and I have a near identical view of healthcare and I am confident that his integrity and insightful knowledge is ideal for the role which he has filled.

*Thanks again to everyone,
Leon Taylor*



I am delighted to take over Leon's Chiropractic clinics in Douglas and Kinsale. I live in West Cork with my family and Leon and I have been friends for a long time. I first met him as a patient and he encouraged and supported me to become a chiropractor. I know he has given exceptional care to all his patients and I will continue to provide the same high quality chiropractic care to you.

Eoin Roe DC Mchiro.

Chiropractic Clinics will remain in:

**KINSALE
CHIROPRACTIC CLINIC**

Lower O'Connell St., Kinsale
Mondays & Wednesdays
from 3.30pm

**DOUGLAS
SIRONA CLINIC**

27 Douglas West Rd., Douglas
Monday / Wednesday / Friday
10am - 2pm

FOR APPOINTMENTS PLEASE CALL **087 9582362**

Kinsale Tile Store,
Guardwell, Kinsale

T: 021 4772966

F: 021 4773243

E: info@kinsaletiles.com


www.kinsaletiles.com



KT S



Timber Flooring
from €8.99yd²



New Bathroom Tiles
from €11.99yd²

Carpet from €7.99yd²

BATHROOMWARE • FULL RANGE OF TILES
CARPETS • FULL RANGE OF TIMBER FLOORS

INTRODUCING THE NEW

KINSALE HEALTH & WELLBEING CENTRE

Qualified Professional Therapists & Practitioners under one roof!

Jason Cowell

IACP, IAAAC, BSocSc.(Hons), H.Dip.
PSYCHOTHERAPIST & ADDICTION COUNSELLOR
087 135 9198

Counselling and Psychotherapy,
Addiction Counselling.



Biodynamic Craniosacral Therapist

Geoff Caird B.C.S.T.
087 839 1973

Craniosacral Therapy makes you feel better!

Kinsale Health Therapies

Elaine Fitz Gibbon ITEC, CThA
THERAPEUTIC HEALTH PRACTITIONER
086 819 9924

Deep Tissue/Therapeutic Massage, Reflexology,
Pre-Natal Massage and Reflexology, Reiki Energy Healing,
Accunect (Ancient Wisdom).



Counselling, Psychotherapy & Supervision Services

Sharon O'Leary MIACP Accredited
087 1339153

Counselling, Psychotherapy and Supervision Services.

ALTO HOLISTICS

Sarah Tubridy ITEC, ARCTI
COMPLEMENTARY HEALTH THERAPIST
087 912 7271

Massage, Deep Tissue, Reflexology, Lymphatic Drainage
Massage, Touch for Health Kinesiology, Aromatherapy, Reiki,
Indian Head Massage, and The Jardin Secret Ritual Facial.



Kinsale Chiropractic

Joanna Daly DC, MChiro, LRCC, NMT, BSc(Hons)
CHIROPRACTOR
021 477 2445

EFFECTIVE IN THE TREATMENT OF:
Back Aches & Pain, Neck Pain, Restricted Movement, Rib,
Thorax & Upper Back Pain, Arm, Pregnancy etc.

FACIAL ACUPUNCTURE FACIAL REJUVENATION AYURVEDIC FACIAL

Marion King Registered Physical Therapist, I.I.P.T.
087 7744676

Deep Tissue Massage, Physical Therapy, Reflexology.
Register of Physical Therapists Ireland.



Craniosacral Therapy

Elma O'Sullivan CST-T MIACST Dip Phys
CRANIOSACRAL THERAPIST
086 8126010

Craniosacral Therapy, General and Paediatrics.

Our therapists welcome you to contact them directly
for more information or to book an appointment.

We look forward to seeing you soon!

Flyers and cards available in centre.

OPEN DAY COMING SOON



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LUCY FRENCH SCHOOL OF DANCE

NEW TERM BEGINS ON MONDAY SEPTEMBER 8TH

All students places have been kept from last term, please let us know if your child will not be returning. Students taken from 2½ - 18 years of age.

MONDAY

3.30-4.15 Boy's Hip Hop and Breakdance (Age 6-8)
4.15-5.00 Hip Hop A (Age 8-10)
5.00-5.45 Hip Hop B (Age 10-12)
5.45-6.30 Boy's Hip Hop and Breakdance (Age 9+)
6.30-7.30 Hip Hop C (1st and 2nd years)
7.30-9.00 Senior Hip Hop (3rd year +)

TUESDAY

4.00-4.45 RAD Grade 3 Ballet (Beginners age 10+)
4.45-5.30 RAD Grade 3 Ballet
5.30-6.30 RAD Grade 5 Ballet
6.30-7.30 RAD Inter Foundation Ballet
7.30-9.00 Contemporary
(3rd year +, must have ballet experience)

WEDNESDAY

3.00-3.30 Baby Ballet (Age 2½-3½)
3.30-4.00 Pre School Ballet (Age 3½-4½)
4.00-4.45 RAD Pre Primary Ballet (Exam Class)
4.45-5.30 RAD Primary Ballet
5.30-6.15 RAD Grade 1 Ballet
6.15-7.15 RAD Grade 2 Ballet
7.15-8.15 RAD Grade 5 Ballet
8.15-9.15 RAD Intermediate Ballet

THURSDAY

3.30-4.30 Jazz A (Age 6-8)
4.30-5.30 Jazz B (Age 8-10)
5.30-6.30 Jazz C (Age 10-12)
6.30-7.30 Senior Jazz (Age 12+)
7.30-9.00 Jazz Repertoire
(3rd Year +, Must have Jazz dance experience)

FRIDAY

4.00-5.00 RAD Grade 3 Ballet
(Age 10+ Beginners)
5.00-6.00 RAD Grade 3 Ballet
6.00-7.00 RAD Intermediate Foundation Ballet
7.00-7.45 Intermediate Foundation Pointe Class

SATURDAY

9.00-9.30 Baby Ballet (2½-3½)
9.30-10.00 Pre School Ballet (3½-4½)
10.00-10.45 RAD Pre Primary
10.45-11.30 RAD Primary (New Class - Age 6+)
11.30-1.00 Teenage Beginner Ballet
(New Class - Age 12+)
1.00-2.30 RAD Intermediate
Ballet and Pointe

For availability and to book a place please call Lucy on

087 9521463 or 021 4773553

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com

PLEASE NOTE THAT PLACES ARE LIMITED SO EARLY BOOKING IS ADVISED.



*Visit the Cobh
Heritage Centre*

**Learn about Cobh's
connection with:**

- The Titanic
- The Lusitania
- The Great Famine
- Emigration to
North America
- Convict Ships
to Australia

Gift Shop and Café

www.cobhheritage.com



Pearse Street, Kinsale
(above Eurospar)



THE KINSALE SALON

MASSAGE • BEAUTY • HAIR & NAIL

BY ANIKA & SANDRA

Gift Vouchers available • Salon open Monday to Saturday

Check out our price list on www.kinsalebeautysalon.com

*Phone us on **087 783 9626** to book an appointment.*

ALL TYPES OF NAILS

GEL/ACRYLIC • 2 WEEK GEL • NAIL ART • PEDICURES • MANICURES

SUMMER SPECIAL OFFER

Back Massage (30 minutes) _____ **ONLY €20**

Multi-Vitamin Full Body Massage Ladies €45 Gents €50
(90 minutes)

Deep Tissue Massage (90 minutes) _____ Ladies €45 Gents €50

Swedish Massage (90 minutes) _____ Ladies €45 Gents €50

Sports Massage (90 minutes) _____ Ladies €45 Gents €50

Golfers Massage (90 minutes) _____ Ladies €45 Gents €50

NOW AVAILABLE - OUR NEW...STATE OF THE ART...

ERGOLINE STAND UP SUN ROOM

Achieve that perfect all over tan in a matter of minutes!!!!

***NEW* TO THE KINSALE SALON**

The "Revolutionary" IPL+RF

(Intense Pulsed Light and Radio Frequency)

IPL is very effective in Permanent Hair Removal and also for treating broken capillaries (spider veins) and age spots. IPL also stimulates the production of collagen, which plumps up the skin - therefore helping diminish fine lines & wrinkles.

Actons

of Kinsale



Check out our new designated
Actons Wedding Site



www.actonshotelweddings.com

For enquiries call 021 477 9900
or email mkodonovan@actonshotelkinsale.com

Please like our Actons Wedding Facebook page with daily tips & interesting blogs.   

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Burning YOUR Waste is Polluting YOUR Environment

It's time to change your habits and start disposing of your waste in a safe manner.

Make the change yourself before a fine
makes you change your mind.

STATUTORY INSTRUMENTS: S.I. No.286 of 2009

WASTE MANAGEMENT (PROHIBITION OF WASTE DISPOSAL BY BURNING)
REGULATIONS 2009

"... these Regulations include the prohibition of the disposal of waste by burning and the prevention of environmental pollution by such disposal."

BACKYARD BURNING

A number of people still rely on burning as a traditional form of waste management. This is no longer acceptable as it poses a threat to our environment and human health.

The following practices are examples of backyard burning:

- Burning waste in a barrel or exposed heap (bonfire) in a yard or garden
- Burning in a purchased ready made "home incinerator" *
- Burning commercial waste on a business premises or farmyard
- Burning waste on a building site

All of these are illegal under the *Waste Management (Prohibition of Waste Disposal by Burning) Regulations 2009*.

The above burning activities are also legislated for by the Waste Management Acts 1996 to 2011 and the Air Pollution Act 1987. The Waste Management legislation makes it an offence to:

Dispose of waste in a manner that is likely to cause Environmental Pollution.

Cork County Council (Storage, Presentation and Collection of Household and Commercial Waste) Bye-Laws 2014 require Householders to be able to prove how they dispose of their waste. Provision is made for an on-the-spot fine of €75 for breaches of the Bye-Laws.

The Air Pollution Legislation makes it an offence to:

Cause or permit emissions (including smoke and odours) from your premises in a manner that will cause a nuisance.

People are also advised that the causing of a nuisance may give rise to a civil action against the person causing the nuisance.

Cork County Council has brought successful prosecutions for these activities under the Air Pollution and Waste Management legislation and will continue to do so in the future.

* DIY stores and other suppliers have been informed by Cork County Council that the use of home incinerator units may give rise to air pollution.



Cork County Council, Environmental Awareness & Research Unit } Tel: 021 4532700
Cork County Council, Waste Enforcement Unit }

Laura Hagger Podiatry Clinic

D.Pod.M, M.Ch.S.I, S.R.Ch.

SPECIALIST FOOTCARE/CHIROPODY CENTRE



- Routine Footcare
- Specialist Diabetic Footcare
- Nail Surgery
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
- Verruca Treatment
- Acupuncture
- House calls now available
- Rid your feet of fungal nails with the Laser Genesis Plus!
- Effective drug free treatment for onychomycosis.
- Blast those verrucae and warts with fast effective laser treatment.

By Appointment: 021 477 9578

No. 26 Haven Bay Apt, Ballinacubby, Kinsale



Neuromuscular Physical Therapy Clinic

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** (BE., SMT, NMPT)

Mobile 087 9872783

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Health Insurance Approved
Registered Member of ANMPT



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Explore a New Career In Healthcare Support!



This **full-time** (10am - 4pm, 3 days per week) **FETAC Healthcare Support Course** is designed to prepare you to work competently, safely and effectively as a **Healthcare Assistant** in a variety of settings such as nursing homes, hospitals and home help support.

The course is structured to provide you with a high standard of training and assessment leading to a **recognised qualification** when pursuing a **career in the Health Care Sector**. It is also a preparatory course designed if you wish to pursue **further training in Health and Care** in the Institutes of Technology and in Universities. This course is unique in that **Kinsale College is the only centre offering a fully accredited Dementia Care Module** that underpins this course. Kinsale College works in partnership with K-CoRD (Kinsale Community Response to Dementia Care) and has links to **job opportunities** locally.

"This course is ideal for school leavers and mature students returning to the workforce."



Kinsale College
Coláiste Chionn tSáile

DOWNLOAD PROSPECTUS NOW AT:
www.kinsalecollege.ie
T: 021 477 2275
E: kinsalefurthered@eircom.net



Kinsale College
Coláiste Chionn tSáile

New 2014 Prospectus available
online at www.kinsalecollege.ie

OPEN DAY

Kinsale College

Now enrolling for
2014 / 2015
College Year

2014

10AM-7PM

Come along
on Wednesday
3rd September.

College Commences Monday 8th September.
We Welcome Adult learners / School Leavers
with a very keenly priced registration fee of
€220.00. Drop in on our Open Day Weds 3rd
Sep to talk to course directors and tutors,
see our facilities and register on the day.

**We offer level 5 and Level
6 FETAC Courses including
Healthcare, Childcare, Office
Admin, Art, Media/video, Drama,
Professional Cookery and more.**

**Remember,
Further Education
is for Everyone!**

Kinsale College,
Bandon Road, Kinsale,
County Cork, Ireland.
T: +353 21 4772275
E: kinsalefurthered@eircom.net

design: www.kumertandtiemey.com



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Riverstick Kinsale A.C. and K.Y.S.S.
Present



KINSALE

5 MILE ROAD RACE

Sunday 7th September, 2014 at 11am

**AAI
Permit
Granted**

RACE CATEGORIES

**Men, Women,
Junior U-18 Boys and Girls.
Over 40,45,50,55,60.**

TEAM RACES FOR

**Athletics Clubs
Non Athletics & Sports Clubs
Families**

Prizes for all categories.

**FREE TRANSPORT
FROM FINISH LINE
TO CLUB**



Come and enjoy a great family day in Kinsale

- **Open to all athletes**
- **Course Officially Measured**
- **Senior Entry Fee: €10**
- **Junior Entry Fee: €5**
- **Start time 11am at Kinsale RFC**
- **Free transport from finish line to club**
- **Registration and changing facilities at Kinsale RFC from 9.30am to 10.30am**
- **Inquiries to John Walsh 086-8199611**
- **Car Parking available at Kinsale RFC**
- **Walk commences 10.30am**
- **Charity Partner - K.Y.S.S.**

Race will start at Rugby Club and finish outside Actons Hotel, on a fast course.

Free transport available back to club for showers/refreshments after the race.

If you would like to pre-register please send an email with name to kinsalerfroadrace@gmail.com.

Walk (same route) starts at 10.30am finishes at Actons Hotel where the main race finishes.

A day out for all the family, run or walk and spend some time in Kinsale.

Registration from 9.00am • To pre-register please email kinsalerfroadrace@gmail.com

Contact: kinsalerfroadrace@gmail.com or John 086-8199611





The Lord Kingsale

BAR • GUESTHOUSE • FUNCTION ROOM

LUNCH & EVENING MEALS
Traditional home-cooked food
served Monday to Saturday

*Our fully licenced Function Room
can cater for any special occasion:
Christenings, Anniversaries, Small Weddings, etc.*

SPORTING EVENTS ON TV
Premiership, Soccer, GAA Football and Hurling

Web: www.lordkingsale.com
Email: info@lordkingsale.com



The Lord Kingsale | 4 Main Street, Kinsale | 021 477 2371



RESTAURANT & WINE BAR
3 CORK ST, KINSALE

Tel: 021 477 2847 www.crackpots.ie

Open Every Night at 6pm

Great TAPAS Amazing SEAFOOD Wonderful IRISH STEAKS

Our famous "Fruits de Mer" is back!

*Come and check out our new
Day-time Menu of Light Lunches
& for that Special Summer Treat
choose a special French Patisserie
made in our restaurant...*

*Kinsale's only genuine
French Patisserie!!*

And the brilliant Billy Crosbie on Piano Every Friday
Join us for as little or as much as you like.

Carrigaline Hypnotherapy & CBT Centre

Serving Kinsale, Carrigaline, & surrounding areas.

Gastric Band Hypnosis using **Hypno-Band**
Progressive System®

Analytical Weight Loss Hypnosis

HypnoChemo: Cancer Support Program
Treating patients for stress and pain management.

www.hypnochemoireland.com



SUSAN MCELLIGOTT

Clinical Hypnotherapist,
Psychotherapist, CHPA Supervisor

CBT, Reiki, successfully treats
anxiety, depression, phobias, OCD,
IBS, confidence, relationship/
marital conflict issues, in fact
any emotional issue.

Offices in Carrigaline & City Gate, Mahon.

www.carrigalinehypnotherapy.com
or call Susan on 021 4373057 or 086 8776935



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THE  Free 

ARMADA

BAR & GUESTHOUSE
Pearse Street, Kinsale 021 477 2255

FRIDAY 29th AUGUST
THE SEA CAPTAINS

SATURDAY 30th AUGUST
BOBBY & EILEEN

SUNDAY 31st AUGUST
FREE BEER

MONDAY 1st SEPTEMBER
LIVE MUSIC

TUES 2nd & WED 3rd SEPT 7.30pm
THE MERRY STEMS

THURSDAY 4th SEPTEMBER
THE SEA CAPTAINS

FULL BAR MENU DARTS - POOL - RINGS

Olympic Swimmer Brian Clifford

Fully Qualified Swim Ireland
Level 3 Swim Teacher/Coach


We cater for:

- Teenage Lane Swimming
- Junior Triathletes
- Minimus
- Tetrathlon
- Beginners from 5 yrs old and many more.



Douglas Pool (Gus Healy Pool)
25 Metre 6 Lane Pool
Starting Monday 8th Sept
Every Monday 4pm - 6pm

Phone or Text (Preferably)
086 8520492



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- 43' Aquastar 'HARPY' Island-wheelhouse.
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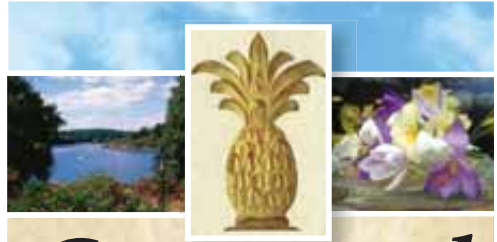
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Rachel Fitzgibbon's Volunteer Trip
to Calcutta with the Hope Foundation.**



**KINSALE NATURE
& MARITIME WALKING TOUR**

**Harbour and
Ocean View Walk**

**Stunning views of Charles Fort
Wild Atlantic Flowers & Plants
The Majestic Sovereign Islands**

Cost €10 Contact: Paul McGovern
T: 087 641 7068
E: kinsalemaritimewalks@gmail.com
W: www.kinsalemaritimewalks.com

SUITABILITY:
Moderate fitness, Shorts not suitable, Walking boots recommended

**Get fit & lose weight the fun highly
effective way this Autumn.**



**ZUMBA &
ZUMBA TONE
CLASSES**

Commence Monday 1st Sept @ 9.45am
in Lucy French Dance Studio, Kinsale.

Evening classes in Innishannon Hall
Tuesday 7.30pm & Thursday 8pm.
Booking essential, limited places.



Contact 087 951 4346
Email: fitness.dk42@gmail.com
Facebook: Zumba & Health N Fitness Classes with Debs



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087 1747585
www.kinsaleboathire.ie

Located at the Trident Hotel Marina
info@kinsaleboathire.ie

DERMOT RYAN'S HERITAGE TOWN WALKS



"Kinsale's Top Independent Attraction"
TripAdvisor
 "Best Guide in Ireland"
Irish Independent
 "Best value €5 in Ireland"
Sunday Times



10.30am Daily
 (or by appointment)
from the Tourist Office.

Adults: €5 Children: Free
 For group rates, please phone
086 826 7656

DON & BARRY'S HISTORIC STROLL

FROM TOURIST OFFICE @ 11.15am Daily
 & Early Bird @ 9.15am, Mon - Sat.

Ranked #1 of ALL activities in Kinsale
Check it out!

○○○○○○ 378 Reviews



"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" Rick Steves

www.HistoricStrollKinsale.com
 Tel: 087 2500731 Adults €6/Children €1
 -CELEBRATING OUR 22ND SEASON-

HARBOUR CRUISE
 Departure Beyond Actons Hotel on board 'Spirit of Kinsale'



AUGUST TIMES
 MON - FRI: 12pm, 2pm, 3pm & 5pm
 SAT & SUN: 12pm, 2pm, 3pm, 4pm & 5pm

SEPTEMBER TIMES
 MON - FRI: 2pm & 3pm
 SAT & SUN: 2pm, 3pm & 4pm


Please see sandwich board at Tourist Office & Pier Rd. for updated times.

Complimentary Tea/Coffee Served
 Cruises are subject to weather and tide.
T: 086 250 5456
www.kinsaleharbourcruises.com

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail.

Jim Daly TD 
Advice Clinic

Weekly Clinics at both Bandon & Clonakilty Offices.
First Friday Clinics at the Trident Hotel, Kinsale at 12.30pm.

Clonakilty Office 023 8858770
 Bandon Office 023 8843868

★ Please contact the office as times may vary.
FINE GAEL

FRI 29th AUGUST

ARMADA BAR:
The Sea Captains.
BACCHUS NIGHTCLUB:
DJ Sean, 11.30pm.
BLUE HAVEN:
Barefoot Gypsies.
CRACKPOTS:
Billy Crosbie every Friday.
DALTONS BAR:
Clem Buckley & Tony Milner, 10.30pm.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
FOLKHOUSE:
King K, 10.30pm.
HAMLETS: DJ.
HARBOUR CRUISE:
12pm, 2pm, 3pm, 5pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
KINSALE YACHT CLUB:
Fundraising Night in aid of RNLI. BBQ, Music, Raffle, Fun. All welcome.
SILENT BANJO:
Little Creatures, 10.30pm.
SOCIAL DANCE:
Ballinspittle Hall, 9.30pm.
SPANIARD:
Jug A Punch, 10pm.
WHITE HOUSE:
Shane & Friends.

SAT 30th AUGUST

ACTONS: Karen & The Dolans. Doors 7.30pm.
ACTONS: Billy Crosbie & Friends in Sidney's Bar, 9pm.
ARMADA BAR:
Bobby & Eileen.
BACCHUS NIGHTCLUB:
DJ Sean, 10.30pm.
BLUE HAVEN: Crazy Chester.
BULMAN: Live Music, 10pm.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
FOLKHOUSE:
Jerome Rimson Blues Band, 10pm.
HAMLETS: DJ.

HARBOUR CRUISE: 12pm, 2pm, 3pm, 4pm & 5pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
KINSALE AFC GIRLS:
Registration and first training session, 10.30am to noon.
SALE:
Household goods etc. 1.30pm - 6pm at 44 Main St, Kinsale.
SILENT BANJO:
Indigo, 10.30pm.
SPANIARD:
For Folk Sake, 10pm.
WHARF TAVERN AT THE TRIDENT: The Long Note.
WHITE HOUSE: Centre Stage.
WILD FISH GOURMET SEAFOOD: At Kinsale Town Car Park, 12pm - 7pm.

SUN 31st AUGUST

ARMADA BAR: Free Beer.
BLUE HAVEN:
Darren & Friends.
BULMAN:
Club on the Rocks with Billy Crosbie, 8pm.
CHARLES FORT:
Free Entry. Events all day.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office, 11.15am.
FOLKHOUSE: King K, 9pm.
HAMLETS: DJ.
HARBOUR CRUISE:
12pm, 2pm, 3pm, 4pm & 5pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
SALE:
Household goods etc. 1.30pm - 6pm at 44 Main St, Kinsale.
SILENT BANJO: The Rambling Weavers, 8.30pm.
SOUTH EAST JUNIOR A FOOTBALL FINAL:
Courcey Rovers v Ballygarvan, at Belgooly, 11.30am.

SPANIARD:
Skellig, 7pm - 9pm.

MON 1st SEPTEMBER

ARMADA BAR: Live Music.
BLUE HAVEN: Arundo & Irish Dancers, 9pm.
DALTONS BAR:
Traditional Irish Music.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
HARBOUR CRUISE:
2pm & 3pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
ZUMBA & ZUMBA TONE CLASSES: Starting at 9.45am, Lucy French Dance Studio, Kinsale.

TUES 2nd SEPTEMBER

ARMADA BAR:
The Merry Stems, 7.30pm.
BLUE HAVEN:
Sonnies & Friends, 9pm.
DALTONS BAR:
Traditional Irish Music & Ballads.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
HARBOUR CRUISE:
2pm & 3pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
KINSALE BRIDGE CLUB:
Trident Hotel, 7.30pm.
Visitors welcome.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
WHITE HOUSE:
Leon Buckley, 9pm.

WED 3rd SEPTEMBER

ARMADA BAR:
The Merry Stems, 7.30pm.
BLUE HAVEN:
Niall McCabe, 9pm.

DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
FOLKHOUSE: Big Swinging Mikeys, 9.30pm.
HARBOUR CRUISE:
2pm & 3pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
KINSALE COLLEGE:
Open Day, 10am - 7pm.
KINSALE COMMUNITY SCHOOL:
Enrolment for FETAC Level 5 Business Studies, 9.30am - 12 noon.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
SPANIARD: Skellig, 9pm.
WILD FISH GOURMET SEAFOOD: At Kinsale Town Car Park, 12pm - 7pm.

THUR 4th SEPTEMBER

ARMADA BAR:
The Sea Captains.
BACCHUS NIGHTCLUB:
DJ Mark, 11.30pm.
BLUE HAVEN: Arundo & Irish Dancers, 9pm.
DALTONS BAR:
Traditional Irish Music.
DON & BARRY'S HISTORIC STROLL:
The Tourist Office 9.15am, 11.15am.
FOLKHOUSE:
The SGs, 9.30pm.
HARBOUR CRUISE:
2pm & 3pm.
Departs beyond Actons.
HERITAGE TOWN WALKS:
10.30am from the Tourist Office. Also by appointment.
KINSALE & DOCK ROWING CLUB:
The Dock Slip from 6.30pm.
WHITE HOUSE:
Shane & Friends, 9pm.



Dreams Do Come True



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