

FREE

Vol. 26 Issue 21/15

Friday 29th May - Thursday 4th June 2015



KINSALE ADVERTISER

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

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

BEST OF LUCK TO KINSALE POINT TO POINT THIS WEEKEND

HAMLETS

GREAT FOOD • COCKTAILS • CRAFT BEERS

Open 7 days from 12 midday

Friday 29th May

Live Music with

EOGHAN MURPHY

Saturday 30th May

DJ NIALL LIVE

Sunday 31st May

MARTIN RYAN from 7pm

LIVE DJ from 10pm



www.hamletsofkinsale.com



Live Music 7 Nights

Friday 29th May

KING K from 10pm

LE TEMPS DES CERISES

in Aperitif from 8pm

Saturday 30th May

SONS OF STEVE MC QUEEN

Sunday 31st May

CRAZY CHESTER

Bank Holiday Monday

TRAD WITH ARUNDO

Food Served until 10pm



www.bluehavenkinsale.com



Boutique Townhouse

Café - Gourmet Food Store

Open 7 Days

From 8.30am to 5.30pm

Great Coffee

Delicious Lunch Menu

Fantastic Cakes & Pastries

Gourmet Food Products
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www.oldbankhousekinsale.com

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Spanish Nights every Friday night
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Perfect Spot for All Occasions



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*to make every vivid detail
crisper and clearer.*



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Rodari • Adidas • Eye Spy • Impulse • Blink • Street Kids • Ray Ban

FOR ALL YOUR OPTICAL REQUIREMENTS

Eye Examinations: Eyesight Report for Driving Licence:

Glaucoma Screening: ARMD & Diabetic Retinoscopy Screening.

DRY EYE CLINIC: *Every Wednesday Afternoon by appointment.*

VISUAL STRESS? *Can be helped with Colour Filter Lenses.*

GOT SOMETHING IN YOUR EYE? *Sand, eyelashes, etc. We may be able to remove the obstruction.*

Special interest in PAEDIATRIC OPTOMETRY

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



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Morning Coffee, Homemade Cakes & Scones

★★★★★

Savour the ambience and great food in the Wharf Tavern.

Food menu offers a sumptuous selection of dishes.
Served from 12noon until 9pm

★★★★★

Our Carvery choices change daily to ensure we can provide a wide variety of dishes and use the best of seasonal Irish produce.

Our popular Carvery served daily is a lunchtime favourite. Served from 12.30 - 2.30pm

★★★★★

Shirley's Delicious Homemade Desserts

★★★★★

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**BEST OF LUCK TO THE
KINSALE POINT TO POINT**



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Best of luck to all at the Kinsale Point to Point!

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CARPETS & TILES
TIMBER FLOORS***

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1hr sessions €20 (member)
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Programme €199

- 2 personal training sessions per week
- 1 class per week
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- Use of facilities during 6 weeks

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NUMBER OF DIFFERENT CLASSES AVAILABLE:

Outdoor Boot Camp
Reebok Cycle
Circuits
Aqua Aerobics
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Lessons

Contact the Leisure Club to book
and for more information

MEMBERSHIP

Don't forget about your Summer Membership
Various memberships available

from 1 week to 1 year ~ prices starting from €35

HOLIDAYING IN KINSALE AND WANT TO WORK OUT?

Please enquire about our short term membership.

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leisure@actonshotelkinsale.com | www.actonshotelkinsale.com



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The Lord Kingsale

BAR • GUESTHOUSE • FUNCTION ROOM

NOW OPEN FOR LUNCH

Served from 12pm

OPENING FOR EVENING MEALS

from Tuesday 2nd June, at 5pm.

*Serving our usual selection of
home-cooked traditional dishes,
some new additions & daily specials.*

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

Sporting events on TV

Best of luck to Kinsale Point to Point

Web: www.lordkingsale.com

Email: info@lordkingsale.com



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

Songs of Summer

Concert of Favourite Vocal and Choral Melodies

Wednesday 3rd June, 8pm
St. Multose Church, Kinsale

Dan Twomey (Tenor) Julie O'Sullivan (Soprano)

Chorus of Opera House

Frank Buckley, Conductor Annabel Adams, Accompanist

Tickets €15 from: Boland Kinsale Crafts (021 4772161)

Meade's Newsagent, Clonakilty (023 8833537)

Hickey's Newsagent, Bandon (023 8841176)





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



LUSITANIA CENTENARY



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STUFF**

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of Kinsale

*Actons of Kinsale would like to wish the
Point to Point weekend every success.*



Located in the heart of town overlooking Kinsale Harbour.

**Serving meals daily in Sidney's Bar and Brasserie
from 12.00pm - 9.00pm**



For enquiries call 021 477 9900
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6 NIGHTS A WEEK**

FRIDAY & SATURDAY
Open from 5.30pm Last orders 10pm

SUNDAY
Open from 1pm Last orders 10pm
SUNDAY PRIME RIB ROAST LUNCH

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Open from 6pm

WEDNESDAY & THURSDAY
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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

Best of luck to all at the Kinsale Point to Point.

FRI 29th MAY

10.30pm

SAT 30th MAY

10.00pm

SUN 31st MAY

10.00pm

MON 1st JUNE

9.00pm

THUR 4th JUNE

9.30pm

FRI 5th JUNE

10.30pm

GDR

3 Piece Folk Rock Covers

CRAZY CHESTER

5 Piece Folk/Rock Covers

KING K

5 Piece Rockin' Covers

GREEN RIVER

3 Piece Folk, Rock & Blues

JAWBONE

2 Piece Folk/Rock

KAARA

4 Piece Lively Pop/Contemporary



**NEW
GIN MENU**
OVER 40 TO
CHOOSE FROM!

**ALL PARTIES
ALL OCCASIONS
CATERED FOR - 3 TO 300**

**ALL SPORTS SHOWN
ON 2 BIG SCREENS**

Bacchus Nightclub

FRI 29th MAY - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 30th MAY - DJ SEAN

90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am

SUN 31st MAY - DJ SEAN

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

THURS 4th JUNE - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am



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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** (BEd., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

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€1.99 PER LTR



FAIRY POWDER NON-BIO 5.5KG 85 WASH
€4.18 PER KG



ARIEL POWDER 5.5KG 85 WASH
€3.99 PER KG



FAIRY LIQUID BIO/NON-BIO SLTR 100 WASH
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Every Friday Night
PIANO BAR
with *Billy Crosbie*

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**CRAB
SHACK**

AL FRESCO CASUAL DINING
***** (ALL MENUS ALSO AVAILABLE) *****

OPEN DAYS

at the
**OLD HEAD OF KINSALE
LIGHTHOUSE**



**Sunday
31st May
& Monday
1st June**



in aid of the Old Head Signal Tower Restoration Fund

All intending visitors must use the
park & ride facility from the Lusitania monument.

*A shuttle bus service will commence at 10am sharp
on both mornings, the final bus each day
departs the monument at 5pm approximately.*

*Adults €10 - pro rata for families and children who
must be under strict parental/guardian supervision.*

Old Head Signal Tower Restoration committee

**SUMMERCOVE
SUMMER
BBQ**

**@ THE BULMAN
SATURDAY 6TH JUNE
FROM 7PM**

*Enjoy a Summer's Night
with Food, Music & Craic*

**TICKETS AVAILABLE
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PRICE €10**

FULL TICKET PRICE GOES TO SUMMERCOVE NS

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MAIN STREET, KINSALE

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Wonderful new Summer Menu celebrating flavours of the Wild Atlantic Way

FULL OF DELIGHTS & HEALTHY OPTIONS FOR EVERYONE.

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DELICIOUS CAKES
Home baked goods, tarts & much more...

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For further info/appointment
Call Siobhan 087 7699719

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CRYSTAL SWING



Presented by Kinsale Music Promotions

ACTONS HOTEL

★ ★ ★
Sunday May 31st ★ ★ ★

Support: Michael & Liam
Doors 9pm Admission €10

★ ★ ★
Proceeds to Kinsale
Carmelite Lourdes Fund ★ ★ ★

The White House

FULLY LICENCED GUESTHOUSE & BAR



Guest Accommodation
4 Star AA Guesthouse



Best of luck to Kinsale Point to Point!

FOOD SERVED ALL DAY

BREAKFAST 8AM - 11.30AM

À LA CARTE 12PM - 10PM DAILY

*Serving Fresh Seafood,
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delivered daily by local producers*

SUNDAY BRUNCH SPECIAL 11AM - 1.30PM

LIVE MUSIC

FRI 29TH MAY 10.30PM	RAMBLING SIULERS
SAT 30TH MAY 10.30PM	BLUE STEEL
SUN 31ST MAY 10.30PM	POC AR BUILE
MON 1ST JUNE 9PM	IRISH DRAUGHT
TUES 2ND JUNE 9PM	TWO OF A KIND
WED 3RD JUNE 9PM	TWO OF A KIND
THURS 4TH JUNE 9PM	SHANE & FRIENDS

LIVE SPORTS

SATURDAY 30TH MAY

FA CUP FINAL

ARSENAL v ASTON VILLA 5.30PM

RUGBY PRO 12 FINAL

GLASGOW v MUNSTER 6.30PM

sky SPORTS

AT THE RACES

Your hosts The Frawley Family & Staff

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South Union Foxhounds
KINSALE POINT-TO-POINT
FESTIVAL

**Best Dressed
Lady & Gentleman**

Sunday 31st May 4pm - Bank Holiday Weekend

€1,000 Voucher from Victoria's Antiques

**Four-ball at the famous
Old Head Golf Links**

Other fabulous prizes from

**Rogue Fitness
Egan's Opticians
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Angel's Secrets
Sienna
Daisy Chain**

**Music from DJ Anthony
'Glasto' Collins
while you relax in the
White Lady Champagne
Tent on course.**



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South Union Foxhounds
KINSALE POINT-TO-POINT
FESTIVAL at Farrangalway, Kinsale
Bank Holiday Weekend 30th & 31st May 2015

Saturday 30th May
1st Race - 5pm
- 6 Races

Sunday 31st May
1st Race - 3pm
- 6 Races
- Dog Show - 3pm
Entry on the day - amazing prizes
- 'Best Dressed'
Victoria's Antique Jewellery & Old Head Golf Links

**BAR &
LIVE MUSIC**
SATURDAY & SUNDAY

FREE
CHILDREN'S AREA
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SUNDAY ONLY



Kinsale Youth Support Services
In partnership with Kinsale Community Centre



Kinsale Point-to-Point Festival
Supported by Kinsale Victoria



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KINSALE POINT-TO-POINT



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Linda's of Kinsale



Main Street, Kinsale Tel: 021 4774754



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YOUR TASTE OF IRELAND



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Why advertise in the KINSALE ADVERTISER?

“Over the years the Kinsale Advertiser has proved itself to be an invaluable asset to the Kinsale Information Office. On a daily basis we are likely to consult the ‘What’s On In Kinsale’ section and throughout the week the classified section is useful for queries. Further to the aforementioned we see it as a great way of finding out about any clubs and/or groups that are locally organised as it is common for us to receive many questions about the town’s activities from visitors and locals alike.”

Angela Shanahan & Niamh O’Hea, Tourist Information Office, Kinsale.

Published every Friday Deadline for copy Mondays at 12 noon

Email: info@kinsaleadvertiser.com Website: www.kinsaleadvertiser.com

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THE SILENT BANJO

Main Street, Kinsale

Friday 29th May 10.30pm

CRAZY CHESTER

Saturday 30th May 10.30pm

CELTIC KNIGHTS

Sunday 31st May 10.30pm

CADILLAC CATS

Mad Hatters WINE BAR

(Upstairs at The Silent Banjo)

OPEN THURSDAY TO SUNDAY
6pm til late



KINSALE GOURMET ACADEMY



is hosting a
Tapas Cookery Demonstration
in aid of the
Margaret O'Dwyer Trust Fund
Tuesday June 2nd
Tickets €30.00

For tickets contact Sarah O'Sullivan
on 087 2827876 after 6.30pm
or anytime at the weekend

www.kinsalegourmetacademy.com



FOOD-BASED SOLUTIONS
FOR OPTIMAL VITAMIN D NUTRITION
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***Are you less than
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***Would you like to take
part in a nutrition study?***

Vitamin D is in short supply in Ireland for most of the year. At present, it is not known exactly how much vitamin D women need during pregnancy and current advice for pregnant women is the same as for women who are not pregnant.

In collaboration with the **INFANT** research centre at **CUMH**, the **Vitamin D Research Group** is carrying out a study to find out how much vitamin D a woman needs during her pregnancy.

BENEFITS FOR YOU:

- Continuous monitoring of body weight and blood pressure during pregnancy
- Participation in a world-leading research study that will guide vitamin D recommendations for pregnant women in Ireland and Europe

If you are interested or would like more information, please contact:

Karen O'Callaghan or Dr Áine Hennessy

Tel: (021) 490 3606

Email: k.nicheallachain@umail.ucc.ie
or a.hennessy@ucc.ie



DMAT is part of the FP7-funded ODIN project, led by Dr. Mairéad Kiely and Professor Kevin Cashman, University College Cork.



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THE  **ARMADA** **BAR & GUESTHOUSE**
Pearse Street, Kinsale 021 477 2255

Free 

**FRIDAY 29th MAY
FREE BEER**

**SAT 30th & SUN 31st MAY
SEAN ROCHE
& ANN O'RIORDAN**

**TUESDAY 2nd JUNE
SHANE & FRIENDS**

DARTS - POOL - RINGS

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€13
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12.30 - 3.30pm**

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with other children in our fabulous indoor
and outdoor play area.

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JULY SUMMER CAMP


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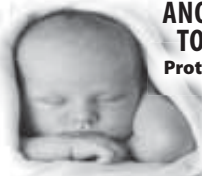
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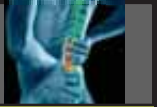
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HARBOUR CRUISE
Departure beyond Actons Hotel on board 'Spirit of Kinsale'

MAY/JUNE SCHEDULE
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.

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KINSALE BAPTIST CHURCH
SUNDAYS 11AM TEMPERANCE HALL

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**HOST FAMILIES REQUIRED
FOR KINSALE TOWN**

Please call 087 7557507



**KINSALE
PEACE PROJECT**

Like us on Facebook 

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. A

**DON & BARRY'S
HISTORIC STROLL**

FROM TOURIST OFFICE
@ 11.15am DAILY - 7 DAYS
& Early Bird @ 9.15am, Mon - Sat.

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

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

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welcome!*

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*Are you concerned
about the well-being of
any young person?*

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CONFIDENTIAL ADVICE
AND SUPPORT
CONTACT TOM ON
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**Kinsale
Youth
Support
Services**
HEARNE HILL QUARTERS

**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

KINSALE ADVERTISER

WHAT'S ON IN KINSALE

FRI 29th MAY - THURS 4th JUNE 2015



FRI 29th MAY

APERTIF:

Le Temps des Cerises,
from 8pm.

Spanish Night.

ARMADA:

Free Beer.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

King K, 10pm.

CRACKPOTS:

Billy Crosbie on Piano.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office
9.15am, 11.15am.

FOLKHOUSE:

GDR, 10.30pm.

HAMLETS:

Eoghan Murphy, 10pm.

HARBOUR CRUISE:

2pm & 3pm.

SILENT BANJO:

Crazy Chester, 10.30pm.

SPANIARD:

Jug A Punch, 10pm.

WHITE HOUSE:

Rambling Steel,
10.30pm.

Kinsale Point to Point

SAT 30th MAY

AISLING TOURS:

Call 087 7851865.

ARMADA:

Sean Roche & Ann
O'Riordan.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BELGOOLY SHOW:

Annual Show, Ballindeenisk.

BLUE HAVEN:

Sons of Steve McQueen,
10pm.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office
9.15am, 11.15am.

FOLKHOUSE:

Crazy Chester, 10pm.

HAMLETS:

DJ Niall.

HARBOUR CRUISE:

2pm, 3pm & 4pm.

KINSALE GAA:

Intermediate C'ship
v Cill Na Martra at
Newcestown, at 7.30pm.

KINSALE POINT TO POINT FESTIVAL:

Farrangalway, Kinsale.

First race at 5pm.

Free bus to course from

Tourist Office.

OSCAR MADISONS:

DJ Mark, 10pm.

SILENT BANJO:

Celtic Knights, 10.30pm.

SPANIARD:

For Folk Sake, 10pm.

WHARF TAVERN

AT THE TRIDENT HOTEL:

The Long Note.

WHITE HOUSE:

Blue Steel, 10.30pm.

Kinsale Point to Point

SUN 31st MAY

ACTIONS:

Crystal Swing.

Doors: 9pm. Adm: €10.

ARMADA:

Sean Roche &
Ann O'Riordan.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Crazy Chester, 10pm.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 11.15am.

FOLKHOUSE:

King K, 10pm.

HAMLETS:

Martin Ryan, 7pm.

Live DJ, 10pm.

HARBOUR CRUISE:

2pm, 3pm & 4pm.

KINSALE BAPTIST

CHURCH:

11am Temperance Hall.

KINSALE POINT TO POINT

FESTIVAL:

Farrangalway, Kinsale.

First race at 3pm.

Best Dressed Lady &

Gentleman at 4pm.

Free bus to course from

Tourist Office.

OLD HEAD OF KINSALE:

Open Day,
Shuttle bus from Lusitania
monument 10am - 5pm.

OSCAR MADISONS:

DJ Anthony Fleming, 10pm.

SILENT BANJO:

Cadillac Cats, 10.30pm.

SPANIARD:

Skellig, 10pm.

WHARF TAVERN

AT THE TRIDENT HOTEL:

The Quays.

WHITE HOUSE:

Poc Ar Buile, 10.30pm.

MON 1st JUNE

BLUE HAVEN:

Arundo, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office
9.15am, 11.15am.

FOLKHOUSE:

Green River, 9pm.

HARBOUR CRUISE:

2pm & 3pm.

OLD HEAD OF KINSALE:

Open Day, Shuttle bus
from Lusitania monument
10am - 5pm.

SPANIARD:

Trad, 7pm - 9pm.

WHITE HOUSE:

Irish Draught, 9pm.

TUES 2nd JUNE

ARMADA:

Shane & Friends.

BLUE HAVEN:

Sonny & Friends, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office,
9.15am, 11.15am.

HARBOUR CRUISE:

2pm & 3pm.

KINSALE GOURMET

ACADEMY @

BALLINACURRA HOUSE:

Tapas Cookery Demo
in aid of Margaret
O'Dwyer Trust Fund.

KINSALE MEN'S SHED

ALLOTMENT PROJECT:

3.30-6pm, Ringrone.

LORD KINGSALE:

Opening for evening
meals, 5pm.

WHITE HOUSE:

Two of a Kind, 9pm.

WED 3rd JUNE

BLUE HAVEN:

Niall McCabe, 9pm.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office,
9.15am, 11.15am.

HARBOUR CRUISE:

2pm & 3pm.

KINSALE MEN'S SHED

ALLOTMENT PROJECT:

3.30-6pm, Ringrone.
SONGS OF SUMMER:
St. Multose Hall, 8pm.

WHITE HOUSE:

Two of a Kind, 9pm.

THUR 4th JUNE

AISLING TOURS:

Call 087 7851865.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Arundo, 9pm.

CRACKPOTS:

Summer Flavours Music
Night with tenor Dan
Twomey & Colette Daly.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office,
9.15am, 11.15am.

FOLKHOUSE:

Jawbone, 9.30pm.

HAMLETS:

Niall McCabe, 9pm.

HARBOUR CRUISE:

2pm & 3pm.

KINSALE MEN'S SHED

ALLOTMENT PROJECT:

3.30-6pm, Ringrone.

WHITE HOUSE:

Shane & Friends, 9pm.



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- *Scheduled 30 minute and 60 minute tours every day.*
- *Build your own Tour - just call us to plan.*
- *Visit the Old Head of Kinsale and amazing caves: The choice is endless!!!*
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- *See Wildlife in its Natural Habitat: It's your own unique Sea Safari, where you can see Common or Bottle Nose Dolphins, Grey Seals, herds of Wild Goats and an amazing array of Birds.*
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beside the water and you will see our signs.

087 4510911 - CALL TO BOOK OR JUST SHOW UP!!!

Times posted daily outside the Kinsale Tourist Office

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