

**FREE**

# KINSALE Advertiser



Volume 33  
#27/22

Thurs 7th  
July  
TO  
Thurs 14th  
July  
2022

including the Guide to **WHAT'S ON** in Kinsale & District

Tel: 021 477 4313 :: Web: [www.kinsaleadvertiser.com](http://www.kinsaleadvertiser.com) :: Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



**Tickets now available on our website  
[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)**

*Additional tickets at door for seats remaining*

**Full programme details inside**



# KINSALE DENTAL

Est: 1992

**The Leading Implant Providers**

*Smile confidently  
this Summer*

- Over 30 years' experience in providing implants.
- Permanently replace missing teeth.
- No more dentures.

**CALL OUR TREATMENT CO-ORDINATOR TODAY ON 021 4772788**

Pearse Street, Kinsale  
Tel: 021 4772788  
[www.kinsaledental.ie](http://www.kinsaledental.ie)  
Like us on Facebook



**BUILD MUSCLE  
LOSE FAT  
FEEL BETTER  
START YOUR FITNESS JOURNEY**

**JACK**

**SHANAHAN  
TRAINING**

**JST**



**JACK SHANAHAN**

087 9725300

JACKSHANAHAN5

Treat your home to a smart and  
stylish interior makeover



**BLINDS • CURTAINS  
PLANTATION SHUTTERS**

**WILLOW & WEAWE**

*Our showroom is currently closed,  
but we're only a phone call away...*

(021) 4320111 [www.willowandweave.ie](http://www.willowandweave.ie)

**FREE HOME CONSULTATION**



T: 023 885 9665  
087 384 9972  
E: info@deco-furbish.com  
W: www.deco-furbish.com

Follow us on  

## INTERIOR & EXTERIOR PAINTING

Exterior Long-Lasting Coatings



**QUALITY IS  
OUR PASSION**

**AFTER**



**BEFORE**

- Exterior Long Lasting Coatings.
- Thorough Crack Repairs.
- Decorating.
- Hand Painted Kitchens.
- Refurbishments.
- Upgrade your House for Re-Sale.

**FREE DETAILED QUOTES • FREE COLOUR CONSULTATION**



# McCarthy Insurance Group

## Kinsale

McCarthy Insurance Group, Kinsale, opened in March 2020 having purchased Sean Cusack Insurances Ltd.

Established in 1952, our family business has grown to be large enough to provide you with very competitive prices, whilst still retaining our renowned personal service.

100K

Customers

150

Product  
Providers

200

Friendly,  
Experienced  
Staff

24/7

Emergency  
Assistance

**DROP IN** 10 Market Quay, Kinsale, Co. Cork P17 E091



**CALL** 021 4772121



**EMAIL** [kinsale@mig.ie](mailto:kinsale@mig.ie)



Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group and McCarthy Financial Services are regulated by the Central Bank of Ireland.

Check out our range of  
**ROBOT MOWERS**



**INTRODUCING...**

**NEW BATTERY MOWER!  
ECHO 310/46SP**



Self propelled variable speed  
18" 46cm Steel Cutting Deck  
Collect / Mulch / Side discharge  
45 min run time

**PRICE  
€660**

**€30 OFF  
WITH THIS AD!**



**LawnmowersCork.ie**  
SALES SERVICE HIRE **DAVID O'SULLIVAN**

Helton Heights, Kilmurriheen, Spur Hill, Co. Cork Tel: 021 4885079/086 2505527

Email: [David@LawnmowersCork.ie](mailto:David@LawnmowersCork.ie) Web: [www.lawnmowerscork.ie](http://www.lawnmowerscork.ie)





*Weather  
permitting*

## ACTONS HOTEL KINSALE

*The Van is back!*

Enjoy a drink while soaking up  
some summer sun.

*Open from 1pm until 9pm*

021 477 2345 / [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com) / [www.actonshotelkinsale.com](http://www.actonshotelkinsale.com)



# MAD FOR STYLE

[WWW.MADFORSTYLE.IE](http://WWW.MADFORSTYLE.IE)



**30%  
Summer  
Sale**

**Selected Lines  
Only**



**MARCCAIN  
AUTUMN WINTER  
HAS ARRIVED!**



MADFORSTYLEKINSALE

**8 MAIN STREET, KINSALE, CO.CORK. T: 021 4773686**

**OYSTERHAVEN**  
ACTIVITY CENTRE  
**ADULTS & FAMILIES**  
KIT HIRE • COURSES  
FAMILY ACTIVITY FUN  
SAILING, WINDSURFING, KAYAKING, SUP,  
& ADVENTURE COURSE



PRE-BOOKING ESSENTIAL  
[WWW.OYSTERHAVEN.COM](http://WWW.OYSTERHAVEN.COM)  
021 4770738



**hurley's**  
BAR & RESTAURANT  
BALLINSPITTLÉ  
**New Summer Hours**

**FOOD SERVED**

Monday & Tuesday  
from 5.30pm  
Wednesday - Sunday  
from 12.30pm

**Tel: 021 4778200**  
[www.hurleysbar.com](http://www.hurleysbar.com)



**ROSS OIL**   
COMPANY

*"your local oil company"*

**KINSALE**  
021 477 7015

**BANDON**  
023 883 9383



*Call us now, we would be delighted to hear from you!*

**BANDON, CO. CORK**



# LIVE MUSIC LINE-UP

## THE BLUE HAVEN



51° 42' 22.717" N 8° 31' 22.258" W

Monday from 8.30pm

**CLEM & BEN**

Tuesday from 8.30pm

**THE LOUNGEMAN**

Wednesday from 8.30pm

**MIKE O'RIORDAN**

Thursday from 8.30pm

**ARUNDO**

Friday from 10.00pm

**TRADITIONAL  
IRISH MUSIC**

Saturday from 10.00pm

**MIKE O'RIORDAN**

Sunday from 8.00pm

**BOUGHT & SOLD**



Breakfast served daily 7.30am - 11.30am  
Full À la Carte served daily 12.00pm - 9.00pm

## HAMLETS



Thursday: Mike and Mike from 9.00pm

Saturday 9th July: World Rum Day

Port of Kumbia from 3.00pm, DJ Gwada Mike from 9.00pm  
and lots of fun activities throughout the day

À la Carte served from 12.30pm - 9.00pm Monday, Thursday & Friday  
and from 12.00pm - 9.00pm Saturday & Sunday





TRIDENT  
HOTEL ★ ★ ★ ★ KINSALE



Great Food  
with the Best Service

Enjoy morning coffee, homemade scones, lunch, carvery, evening specials and popular desserts from our extensive Wharf Tavern food and drinks menu.

*We look forward to welcoming you,  
The Trident Team*



☎ 021 4779300    ✉ info@tridenthotel.com    🌐 www.tridenthotel.com



COOLMAIN ELECTRICAL LTD T/A

# CRONIN

## Security Systems

**Automated Gates/Barriers**  
**CCTV**  
**Access Control Systems**  
**Burglar Alarms**  
**Fire Alarms**

Contact: Brendan Begley 086 0838702  
Denis Cronin 086 8283121  
Email: [denis@croninelectrical.com](mailto:denis@croninelectrical.com)

[www.croninsecuritysystems.ie](http://www.croninsecuritysystems.ie)

COOLMAIN ELECTRICAL LTD T/A

# CRONIN

## solar

**Supply and Installation**  
**of Solar PV Systems**  
**and Car Chargers**

Contact: Damian Kelly 086 4666783  
Denis Cronin 086 8283121  
Email: [denis@croninelectrical.com](mailto:denis@croninelectrical.com)

[www.croninsolar.ie](http://www.croninsolar.ie)



# Ewen Tubridy

12/11/55 to 09/07/21

On the 1st Anniversary  
of Ewen's death  
we, her family,  
remember her with love  
and would like to thank everyone  
for their kindness, beautiful cards,  
tributes and condolences which  
brought us much comfort.



Support  
**LOCAL**  
Business



ORDER DIRECT THROUGH OUR WEBSITE OR APP!



[www.cobratandoorikinsale.com](http://www.cobratandoorikinsale.com)

69 Main Street, Kinsale Phone 021 477 7911 or 021 477 7163



KINSALE  
HOTEL & SPA



# LUXURY SPA

**JULY SPECIAL**

€59  
PER  
PERSON

Back, Neck  
& Shoulder Massage

Dry Flotation  
Experience

T&C Apply



View our  
Spring/Summer  
Treatments here

Rathmore Road, Kinsale, P17 F542

Tel: 021 470 6625

Email: [spa@hotelkinsale.ie](mailto:spa@hotelkinsale.ie)

Web: [www.kinsalehotelandspa.ie](http://www.kinsalehotelandspa.ie)



Open Daily  
10am - 6pm




**Kennedy's**  
OPTICIANS

*New Prescription  
Swimming Goggles  
Now in store*



9 GUARDWELL, KINSALE, CO. CORK  
021 4773595 [www.kennedysopticians.ie](http://www.kennedysopticians.ie)

OPENING TIMES:  
Tues to Thur: 9.30am-5.30pm Friday: 8.30am-5.30pm  
Saturday: 9.30am-2pm

 Follow us on Facebook



*Surf and Kayak Camps  
Running All Summer*

TOURS, RENTALS AND LESSONS



STAND UP PADDLE BOARDING / KAYAKING / SURFING  
Daily drop-in rates available for Summer Camps  
Group & individual pricing available on request



[www.atlanticoffshoreadventures.com](http://www.atlanticoffshoreadventures.com)

Call/text 087 9443796 Email: [atlanticoffshoreadventures@gmail.com](mailto:atlanticoffshoreadventures@gmail.com)



# LEMON LEAF

70, Main Street, Kinsale

Tel: 021 470 9792



*We are now open on  
Wednesdays!*

## Breakfast all day Brunch Menu

- EGGS BENEDICT
- EGGS FLORENTINE
- EGGS ROYALE
- VEGAN BREAKFAST
- BREAD & BUTTER PUDDING
- FRENCH TOAST, BACON,  
MAPLE SYRUP
- PANCAKES



**Open Monday to Saturday • Closed Sundays**

Reservations **021 4709792** or email **[eat@lemonleaf.ie](mailto:eat@lemonleaf.ie)**



# THE GOOD HEALTH CIRCLE

Your directory of practitioners in the community

Email: [info@thegoodhealthcircle.ie](mailto:info@thegoodhealthcircle.ie)

**LOULA NATURAL**

**Louise Kane Buckley** (ND, NTP)  
Naturopath and Nutritional Therapist

*Find support with natural health including nutrition, herbs, reiki, EFT and mindfulness.*

**087 7095277** [louise@loulanatural.com](mailto:louise@loulanatural.com)  
**www.loulanatural.com**

**HEAD TO TOE THERAPIES**  
**PHYSICAL & HOLISTIC THERAPIES**

**Kinsale Health Hub**

Massage / Reflexology / Pregnancy / Facials

*Contact Tracy: 087 0577013*

*Email: [receptionheadtotoe@gmail.com](mailto:receptionheadtotoe@gmail.com)*

**Book appointments online at [www.headtotoetherapies.ie](http://www.headtotoetherapies.ie)**

**Lorraine O'Hanlon**  
(D.O. B.Sc.Ost. ICOM)

**Osteopath / Injury Therapist**

NECK PAIN, BACK PAIN, SHOULDER PAIN, KNEE PAIN?

*Restore your movement and gain relief using:*

- Deep Tissue Massage • Sports Cupping • Dry Needling
- PRRT (Primal Reflex Release Technology)

*Kinsale Health & Wellbeing Centre*  
*Mobile: 087 227 5500 Email: [lorraineohanlon@yahoo.com](mailto:lorraineohanlon@yahoo.com)*

**KINSALE HEALTH HUB**

Kinsale Commercial Park  
Self Care Vouchers Available

8th July Love Your Skin  
21st July Baby Reflexology with Story Massage  
23rd July Learn to Ferment Kefir Class 11-12.30pm  
15th Aug Baby Massage and Family Health

**[www.kinsalehealthhub.com](http://www.kinsalehealthhub.com)**  
**[info@kinsalehealthhub.com](mailto:info@kinsalehealthhub.com)**

**SUMMER CLASSES**

Mon: 6.15am Zoom Strength & Conditioning  
Tues: 9.30am Bootcamp @ Dock Beach  
8pm Body Sculpt @ Madden Park  
Wed: 6.15am Zoom Strength & Conditioning  
Thur: 9.30am Zoom/Gym Strength & Conditioning  
7pm Strength Circuits @ Mansfield Gym  
Sat: 8am Hardcore Bootcamp @ Dock Beach  
9am Beginner's Bootcamp @ Dock Beach

**Book now: 087 2771899**

Personal Training and Motivational Fitness Classes  
[www.strongerwithsiobhan.com](http://www.strongerwithsiobhan.com)  
Be Stronger Than Your Excuses

**MICHAEL WALSH**  
**H. Dip Co-Creational Counselor / Relationship Mentor**

*There is no health without mental health*

If you need to talk about

- Parenting • Understanding Children • Bullying • Anxiety
- Depression • Life struggles • Suicidal thoughts

Or just not sure how you are feeling

**Mobile: 0877934475 • Available Weekends**  
*We cannot hold a torch to light another's path  
without brightening our own - Ben Sweetland*

**HEAD TO TOE THERAPIES**  
Kinsale Health & Wellbeing Centre

**Matthew McCarthy - Massage Therapist**  
**Juliana Wang - Massage & Reflexologist**

**To book: [www.headtotoetherapies.ie](http://www.headtotoetherapies.ie)**  
**or contact 086 2709173**

**Alto Holistics**

**Sarah Tubridy • 087 9127271**

**Deep Tissue • Massage • Aromatherapy**  
**Indian Head Massage • TFH Kinesiology**  
**Facials • Reiki**

**[sarahtubridy@gmail.com](mailto:sarahtubridy@gmail.com) [www.altoholistics.com](http://www.altoholistics.com)**  
**relax. your. way. to. health.**



# Kinsale Arts Weekend Festival Programme

Day	Time	Event
THURSDAY 7th JULY	11am - 5pm	<b>Tony O'Connor Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Sarah O'Brien Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Late Bloomers Exhibition</b> / TBA ART Free
	11am - 5pm	<b>Ebb and Flow Exhibition</b> / Kinsale College ART Free
	1:00pm	<b>The Story</b> / Timmy O'Mahony Farna Theatre / The Tap Tavern THEATRE €10
	3:00pm	<b>The Kinsale Story</b> / Adrian Neville / The Temperance Hall TALK €10 Adult €5 Child
	4:00pm	<b>Maybe, Maybe Not!</b> / Kinsale Youth Theatre / Squid Café FILM €5
	5:00pm	<b>The Story</b> / Timmy O'Mahony Farna Theatre / The Tap Tavern THEATRE €10
	6:00pm	<b>Shane O'Driscoll</b> / The White House ART/TALK €10
	7:00pm	<b>Kit French</b> / Rain and Shine Exhibition Opening / Gallery 23 ART Free
FRIDAY 8th JULY	10am - 5pm	<b>Kit French</b> / Rain and Shine Exhibition / Gallery 23 ART Free
	11am - 5pm	<b>Tony O'Connor Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Sarah O'Brien Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Late Bloomers Exhibition</b> / TBA ART Free
	11am - 5pm	<b>Ebb and Flow Exhibition</b> / Kinsale College ART Free
	11am - 5pm	<b>Michael Hegarty Exhibition</b> / Temperance Hall ART Free
	12:00pm	<b>Introduction to Herbalism</b> / Michelle Walsh / The Temperance Hall TALK €12
	1:00pm	<b>Theatre Ensemble</b> / The One That Got Away / The Tap Tavern THEATRE €10
	2pm - 5pm	<b>Kinsale Community School Exhibition</b> / Kinsale Community School ART Free
	3:00pm	<b>The Kinsale Story</b> / Adrian Neville / The Temperance Hall TALK €10 Adult €5 Child
SATURDAY 9th JULY	4:00pm	<b>Cork Prose Collective</b> / Swerve Magazine Reading / The Temperance Hall READING Free
	4:00pm	<b>Death at the Barbecue</b> / Aran Hat Theatre Company / Bowling Green THEATRE €10
	5:00pm	<b>Theatre Ensemble</b> / The One That Got Away / The Tap Tavern THEATRE €10
	5:30pm - 6.30pm	<b>Prof Fergus Shanahan</b> / "The Language of Illness" / Prim's Bookshop TALK €5
	7.45pm -10.30pm	<b>Kate Butler</b> / OHK The Glen TALK/MUSIC €5
	8:00pm	<b>The Parish</b> / HubCap Theatre / The Lord Kingsale THEATRE €10
	8:00pm	<b>Rampart Players</b> / Wake up, It's a Beautiful Morning / The Tap Tavern THEATRE €10
	10am - 5pm	<b>Kit French</b> / Rain and Shine Exhibition / Gallery 23 ART Free
	11am - 5pm	<b>Tony O'Connor Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Sarah O'Brien Exhibition</b> / The Granary ART Free
SUNDAY 10th JULY	11am - 5pm	<b>Michael Hegarty Exhibition</b> / Temperance Hall ART Free
	11am - 5pm	<b>Late Bloomers Exhibition</b> / TBA ART Free
	11am - 12pm	<b>The Mens Shed Choir</b> / Various Locations around Kinsale MUSIC Free
	11am - 5pm	<b>Through Ukrainian Eyes</b> / Photography Exhibition / TBA ART Free
	11am - 1pm	<b>Why A Poem?</b> / Beginners poetry workshop with Matthew Geden / The Men's Shed POETRY €10
	1:00pm	<b>Pop Up Choir Workshop</b> / Joan Dempsey / The Temperance Hall MUSIC Free
	2:00pm	<b>Cú Chulainn The Brave</b> / Scéalta Productions / The Bowling Green THEATRE €5 child €10 adult
	2pm - 3pm	<b>Eimear Fitzgerald</b> / Photography Exhibition / TBA PHOTOGRAPHY Free
	2pm - 5pm	<b>Saoirse</b> / Handcrafted Products / The Temperance Hall CRAFT Free
	3pm - 4pm	<b>The Mens Shed Choir</b> / Various Locations around Kinsale MUSIC Free
SUNDAY 10th JULY	3:00pm	<b>The Kinsale Story</b> / Adrian Neville / The Temperance Hall TALK €10 Adult €5 Child
	3:00pm	<b>Words and Music</b> / Afric McGlinchey and Peter O'Toole / Charles Fort Tea Rooms MUSIC €10
	4:00pm	<b>Luke O'Neill Book Signing</b> / Prim's Bookshop Free
	5:00pm	<b>Cú Chulainn The Brave</b> / Scéalta Productions / The Bowling Green THEATRE €5 child €10 adult
	7.30pm	<b>M(h)ao!</b> / Support from MANTUA / The Lord Kingsale MUSIC €10
	8:00pm	<b>Snatch Comedy</b> / Improvised Table Quiz / The Trident Hotel COMEDY €10
	8:00pm	<b>Rampart Players</b> / Wake up, It's a Beautiful Morning / The Tap Tavern THEATRE €10
	8:00pm	<b>Luke O'Neill</b> / St Catherine's Church TALK €25
	8.30pm	<b>Mary Coughlan</b> / The White Lady MUSIC €30 Standing €40 Seated
	9:00pm	<b>Pinhole</b> / Prim's Bookshop MUSIC €10
SUNDAY 10th JULY	10am - 5pm	<b>Kit French</b> / Rain and Shine Exhibition / Gallery 23 ART Free
	11am - 5pm	<b>Tony O'Connor Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Sarah O'Brien Exhibition</b> / The Granary ART Free
	11am - 5pm	<b>Michael Hegarty Exhibition</b> / Temperance Hall ART Free
	11am - 5pm	<b>Late Bloomers Exhibition</b> / TBA ART Free
	11am - 5pm	<b>Through Ukrainian Eyes</b> / Photography Exhibition / TBA ART Free
	2:00pm - 3:30pm	<b>Paul Muldoon Reading + Q&amp;A</b> / St. Catherine's Church POETRY + Q&A €10
	2pm - 3pm	<b>Eimear Fitzgerald</b> / Photography Exhibition / TBA PHOTOGRAPHY Free
	2pm - 5pm	<b>Saoirse</b> / Handcrafted Products / The Temperance Hall CRAFT Free
	2pm - 3pm	<b>Ubuntu Dance &amp; Film</b> / The Temperance Hall DANCE+FILM Free
SUNDAY 10th JULY	3:00pm	<b>The Kinsale Story</b> / Adrian Neville / The Temperance Hall TALK €10 Adult €5 Child
	4:00pm	<b>Death at the Barbecue</b> / Aran Hat Theatre Company / Bowling Green THEATRE €10
	5:00pm	<b>Simple Delightful Floral Art</b> / Eileen O'Brien / The Wine Buff DEMO Free
	8:00pm	<b>Rampart Players</b> / Wake up, It's a Beautiful Morning / The Tap Tavern THEATRE €10



PLEASE  
CHECK TICKET  
INFO FOR  
FINAL VENUE  
DETAILS

Tickets available on [www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com) via Eventbrite

# ADULT TENNIS LESSONS

## TENNIS EXPRESS FOR BEGINNERS

8 Week Courses

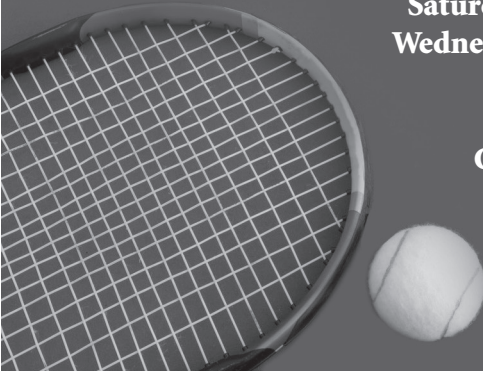
Saturday 16th July :: 10.00 - 11.30

Wednesday 20th July :: 18.30 - 20.00

Venue: Dunderrow

Call Peter 087 966 0305

PRIVATE ONE TO ONE  
LESSONS ALSO AVAILABLE



## Senator **Tim Lombard**

**Bandon Constituency Office  
open Monday to Friday**

### **Clinic in Kinsale**

Monday 11th July  
at an earlier time  
this week: 4pm-5pm  
in Salvi's

*Please ring the office for  
an appointment  
or call in to see me*



76 South Main St, Bandon  
021 477 3399  
tim.lombard@oir.ie

**FINE GAEL**

f t @kinsalenews

# KINSALE Advertiser

including the Guide to WHAT'S ON in Kinsale & District

## Best wishes to **KINSALE ARTS WEEKEND**

Thursday 7th -  
Sunday 10th July

T: 021 4774313  
E: info@kinsaleadvertiser.com  
W: www.kinsaleadvertiser.com



# RAIN & SHINE EXHIBITION 7-21 JULY, 2022

Opening 7pm,  
Thursday 7th July,  
Gallery 23, Kinsale.

Paintings of Mayo and  
Cork by Kit French  
© kitfrenchportraits



# LINDA'S

of KINSALE

*Family run diamond jewellery shop  
in business since 1974*

**VINTAGE DIAMOND & GOLD  
JEWELLERY**

**MAGNIFICENT GEMSTONES**

**OPEN 7 DAYS**

**MAIN ST, KINSALE 021 4774754**

[www.lindasofkinsale.ie](http://www.lindasofkinsale.ie)

Follow us on   



**10%**  
DISCOUNT WITH THIS AD



## FASTNET BLINDS

BLINDS | SHUTTERS | AWNINGS

We offer a full warranty on all of our products which are all made with quality components & fabrics, ensuring our customers receive the best in the blinds industry.

*We work closely with Engineers, Architects & Interior Designers to find the solution to match your needs.*

**FREE MEASURING, CONSULTATION & FITTING**

VISIT OUR SHOWROOM AT

Suite Cottage, Ballinrea, Carrigaline, Co. Cork

Email: [kkelleher@fastnetblinds.ie](mailto:kkelleher@fastnetblinds.ie) Call: 087 627 9456

[www.fastnetblinds.ie](http://www.fastnetblinds.ie)

Follow us on

**FOR ALL YOUR  
HEIGHT ACCESS  
NEEDS**

**DAN DEMPSEY  
KINSALE**

Proud  
supporters of  
KINSALE  
AFC

MOBILE: 086 821 7777 PHONE: 021 477 2124

EMAIL: [dandempseykinsale@gmail.com](mailto:dandempseykinsale@gmail.com)

SERVING THE FAMILIES OF WEST CORK SINCE 1925



Main Street, Ballinspittle  
P17 YH95, Co. Cork

**NOW OPEN 7 DAYS A WEEK**

Monday to Saturday 5.30pm - late • Sunday 1pm - late

**Reservations: 083 1829303**

# Carpet Department

Huge range of top brands

CORMAR  
CARPET CO

Brintons

ADAM  
CARPETS

ulster™

Also: Felt Back Carpet and Industrial Carpet

FREE MEASURING AND ESTIMATES



**WEST CORK  
CARPETS**

The Miles, Clonakilty, P85 YK44

Phone: 023 8834113

[www.westcorkcarpets.ie](http://www.westcorkcarpets.ie)



# CHARLES FORT TEA ROOMS

OPEN DAILY 10am - 5pm



GET PREPARED FOR SUMMER WITH

**ladysbridge**

**LANDSCAPE  
CENTRE  
NOW OPEN**

Milebush, Middleton,  
P25 PK44

**Aggregates Ltd.**

- Washed Aggregates
- Decorative Stone
- Screened Topsoil
- Sleepers
- Site Clearance
- Sand
- Blocks
- Cement
- Paving
- Kerbs



**COMMERCIAL ENQUIRIES:**

SITE CLEARANCE

BULK SUPPLY OF ALL PRODUCTS

T: 021 4219 809 E: sales@ladysbridge.ie

**OPENING TIMES: Monday - Friday 7am - 5.30pm. Saturday 7am - 2pm.**

📞 021 4191820 📠 087 1886611 ✉ retail@ladysbridge.ie 🌐 www.ladysbridge.ie

*The Tyre  
Specialists  
since the Turn  
of the Century*

*Noel Madden*

**KINSALE  
TYRE**

**CENTRE**



**TYRE SALES • WHEEL ALIGNMENT  
PUNCTURE REPAIRS • OILS • BULBS  
WIPERS • STEREOS • ACCESSORIES  
BATTERIES • TOOL SALES**

**LARGEST STOCK OF TYRES • DISCOUNT TYRES  
BUDGET & BRAND TYRES • CAR WASH**

Monday to Friday 9am - 6pm, Saturday 10am - 1pm

**Barrack Green, Kinsale 021 477 7764**



**The ARMADA**  
BAR & GUESTHOUSE  
PEARSE ST, KINSALE 021 477 2255

**LIVE MUSIC**  
**FRIDAY, SATURDAY**  
**& SUNDAY**

**TUESDAY**  
**TRAD SESSION**

**Ralf's Computer Services**  
& Internet Cafe  
est.2002

**Computer & Laptop - Sale & Repair**  
Lower O'Connell Street, Kinsale  
(Between Eskimo Pizza & The White Lady)



**021 477 2042 087 8073 006**  
Email: [Sales@Csonline.ie](mailto:Sales@Csonline.ie)  
[www.csonline.ie](http://www.csonline.ie)

Items for sale • Items wanted • Situations vacant  
Gardening • Services available • Building • Childcare  
Education • Beauty • Motors • Property • For Sale  
Property • Wanted • Property • For Sale  
Driving • Services • Situations vacant • Available  
Gardening • Building • Childcare • Education • Motors • Etc.

# Classifieds

# Services

**TAKE THE NEXT STEP!**  
**CALL JAMES ON 086 1799263**  
FOR PATIOS, BRICK PAVING, STONEMWORK,  
GARDENING, WELDING, ETC.  
Small lorry loads of rubbish removed.

**O'CONNOR'S**  
**CLEANING SERVICES**  
WINDOW CLEANING  
FASCIA • SOFFIT • GUTTERS  
Please call 086 3020431



~ TOM KEOGH ~  
**ELECTRICAL SERVICES**  
Belgooly, Kinsale  
Commercial & Industrial Electrical Contractor  
Fire Alarms, Emergency Lighting & Lightning Protection  
Tel: 021 477 0666 Mob: 087 277 2669

**PHILIP CUNNINGHAM**  
PAINTING & DECORATING • PAPER HANGING  
POWERWASHING SERVICE AVAILABLE  
QUALITY WORK GUARANTEED  
Call Philip: **087 262 4347**



**GARRY EGAN**  
**CRASH REPAIRS**  
Ph: **087 7553984 / 021 4709554**  
KINSALE ENTERPRISE PARK - BARRACK GREEN - KINSALE - CORK

**MARTIN CONLON**  
Electrical Shower Repair Specialists  
Plumbing & Heating  
M: **087 254 3434** T: **021 477 1443**





**DANNY PULLIN**  
086 3753297

**TREE REMOVAL  
TREE PRUNING  
HEDGE MAINTENANCE  
SITE CLEARANCE  
WOOD CHIPPING  
STUMP GRINDER  
FULLY INSURED**

info@pullintrees.ie  
www.pullintrees.ie



**NEW HOUSE... NEW LAWN...  
ROLL IT OUT WITH...**



**Real Grass Real Fast**

Call 087 8352635 www.kmclawnturf.ie

**PAT O'MAHONY**

- Courier • Furniture Removals
- House Moves/Clearance



*I have the van, I am your man.*

Contact me on 087 278 2442



**POWER WASHING**

Fascia and Soffit,  
Walls, Footpaths, Patios

**HOT & COLD WASH**

Call/Text: **086 318 2625**



**HANDYMAN AVAILABLE**

Carpenter • Interior Plastering • Painting

Call Diarmuid: 087 120 5025

**TOP QUALITY WORK  
C2 & VAT REGISTERED**

**HEDGE CUTTING SERVICES**



Large tractor mounted  
hedgecutter

No hedge too high

**CALL MARTIN HURLEY  
086 889 4663**



**BELGOOLY WROUGHT  
IRON GATES**

Tel: 021 477 0621 Mob: 086 854 9300

**Beautiful Hand Crafted Gates  
(Manual & Automatic)**

Railings, Balconies, etc.

**Clothes Lines, Mobile Welding**

See our Facebook page. 

**EOIN IRWIN  
PAINTING & DECORATING**

*Call for a Quote!* 085 1462710



**GREG RYBAK  
FURNITURE  
RESTORATION**

Structural &  
Cosmetic Repairs

French Polishing

**Greg: 086 084 9405**  
www.rybakrestoration.ie

**K. JONES**

MARKET QUAY  
(021) 477 3632



Jewellery  
Repairs

Silver  
& Gold  
Jewellery

Antiques  
& Toys

Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements. If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.

Services

**KINSALE TRAILER REPAIRS**

KINSALE AND THE SURROUNDING AREAS

**Servicing and parts available for all brands and types of trailers.**

IFOR WILLIAMS, INDEPENSION, BRIAN JAMES, DOOLEY, ETC.



General purpose, flat body, horse box, boat trailers & car transporters catered for, from fabrication to brakes, lights, suspensions, etc.

TRAILERS CAN BE REPAIRED ON SITE OR IN WORKSHOP.

**FREE INSPECTION & QUOTE ON ANY TRAILER. CONTACT GER ON 086 8200673**

25 YEARS EXPERIENCE



FULLY INSURED

**THE ROOF DOCTOR**

**ALL TYPES OF ROOFS REPAIRED & REPLACED**

Flat Roofs, Slates, Tiles, Lead Valleys, Chimneys, Gutters, PVC Fascia & Soffit  
Roofs Power-Washed.

Mobile: 087 8248 064

LOCAL TRADESMAN

**GARDENER AVAILABLE**

Lawns mowed, hedges trimmed, bushes cut back, weeding, and other work...

Call Oliver 087 2257015

**Horse Riding in Kinsale @**



1 mile from town centre.

Lessons - Trekking - Livery

Call Zoë on 086 8530894  
www.kinsale-equestrian.ie

**FOR ALL YOUR POWER WASHING NEEDS!**

Driveways • Patios  
Gutters • Drain Cleaning  
Boats • Footpaths  
Concrete Fencing  
Conservatories

Contact Henry for a quote  
**087 645 1965**

**VMC CARPENTRY SERVICES**

• 1st & 2nd Fixing • Roofing • Timber Flooring  
• Property Maintenance • Concrete Shuttering

FULLY INSURED C2 REGISTERED

Contact Vincent 087 1344114



**CHIMNEY CLEANING BRUSH & VACUUM**

Also Carpet & Upholstery Cleaning Service.  
Denis O'Sullivan

021 4377315 - 086 2070086

**ANTO'S FUELS**

Serving Kinsale & District

**MAIN CALOR GAS SUPPLIERS**

Home Deliveries: 11kg, 34kg, 47kg Gas

COAL - SMOKELESS - BLOCKS  
BRIQUETTES - KINDLING - TURF, ETC.

Every Thursday & Friday Morning

**CALOR**

**Call 087 856 3246**

FREE DELIVERY

**WASHING MACHINE SERVICES**

FIXING OVENS, COOKERS, TUMBLE DRYERS,  
FRIDGES, DISHWASHERS, ETC...

**CONTACT: JODY DRENNAN**  
OF ABC DOMESTIC APPLIANCE REPAIRS LTD.

**M: 087 779 0804**

**T: 021 483 3032**

**CARPET & UPHOLSTERY  
CLEANING SERVICE**

.....  
FLOOR TILES  
CLEANED & POLISHED  
.....

**COMMERCIAL & DOMESTIC**

Chimney Cleaning Service Also Available  
Denis O'Sullivan 437 7315 • 086 207 0086

**POWER WASHING**



**PROFESSIONAL  
POWER WASHING &  
GUTTER CLEANING  
SERVICE**

**FULLY INSURED**

Contact Steve Twomey 087 703 8733

**RD MINI DIGGER  
& MINI DUMPER HIRE**

**Narrow access a speciality,  
up to three 3 ton with driver.**

*Foundations, gardens cleared, topsoil, walls built, patios, etc.*

3/4 ton mini digger - 1.6 ton mini digger - 3 ton digger  
0.5 ton dumper & 750 kg dumper & 1 ton dumper hire with drivers

- Site Clearance - Up to 20 ton machines available
- Stone, Gravel, Sand & Topsoil Delivered
- Man with Van Service • Truck with Crane (up to 2 ton lifts)
- Recovery Truck (Cars bought for cash)
- House Maintenance, Groundworks & Building Work

Call Ray 087 207 5100



**Zoltan**  
Professional Painter  
& Decorator  
Call: 086 129 4356



Exteriors & interiors  
Hand painted kitchens  
Plasterboard  
taping & jointing  
Power washing  
Wallpaper hanging

**DG EXTERIOR CLEANING**

- WINDOW CLEANING
- FASCIA, SOFFITS, PATIOS etc.
- GUTTER CLEANING
- SOFTWASHING

*Professional, Insured & Registered*

**CALL DARREN  
085 705 3243**



**OIL BOILERS**  
HOME HEATING SERVICED & REPAIRED  
John McCarthy: 087 2377667  
Your Local Engineer Kinsale & Surrounding Area  
FULLY INSURED & APPROVED

**LAZ PAINTING SERVICES**  
Interior / Exterior  
Wall Papering / Power Washing  
Call 089 24 22 848



**CARPET & UPHOLSTERY CLEANING**  
& UPHOLSTERY OPERATING SINCE 2008  
Full Domestic & Commercial Service Very Reasonable Rates  
Call Noel: 087 9885638



Martin Holohan  
Professional Painter & Decorator  
INTERIORS & EXTERIORS  
Belgooly, Kinsale, Co. Cork.  
Call: 087 132 1792



**CONDON BROTHERS** LOCAL TRADERS  
Construction to Maintenance,  
we cover it all!  
Tel. 021 4770132 087 1756575



**CHIMNEY & STOVE CLEANING**  
BRUSH AND VACUUM  
Call Martin Eaton  
Tel: 021 4777746 Mob: 087 6441575



**GLASS & GLAZING**  
mirrors, glass tops, single & double glazing, glass films,  
safety glass, emergency glass repairs, window & door  
servicing, hinges, locks, handles, repair & replacement  
Micheal O'Connor 086 815 1967  
FULLY INSURED • C2 REG

## Situations Vacant



### WEEKEND MAINTENANCE

Haven Bay Care Centre requires a weekend person to carry out DIY and General Maintenance Work.

Candidate must have previous experience.

10 hours per week but may vary depending on the needs of the business.

**For more information ring  
(021) 4777328  
or email [hr@havenbay.ie](mailto:hr@havenbay.ie)**

## Property

**Young family seek rental accommodation near Sandycove/Kinsale area.**

**Budget €2,500 pcm.  
3 or 4 Bed + garden.  
Ideally unfurnished.**

**MINIMUM 1 YEAR LEASE.  
STARTING ASAP.**

*We are non-smokers + business owners buying a property in the area and need somewhere to live while we buy and refurb.*

*If you can help us please email Catherine [crossdavies@gmail.com](mailto:crossdavies@gmail.com)*

## Childcare

### CHILDMINDER REQUIRED

Reliable lady required to mind 15 month old baby 4 days a week (Tuesday to Friday) in minder's own home in the Kinsale area.

*Approx. 30 hours a week from September.*

**References essential.**

**Please contact (087) 9956714.**

## Health, Hair & Beauty

**FINTAN LYNCH HAIR**

Tues-Fri: 9am - 5pm  
Sat: 9am - 3.30pm

**JOICO kemøn**

61 Main Street  
Kinsale, Co. Cork

Call us: 021 477 3900



THE KINSALE SALON  
BEAUTY • MASSAGE • HAIR • NAIL • SUNROOM

Pearse St. Kinsale  
(above Eurospar)

**ANNA MASSAGE**  
offers the following treatments:

- SWEDISH MASSAGE
- DEEP TISSUE MASSAGE
- BACK, NECK & SHOULDER MASSAGE
- INDIAN HEAD MASSAGE
- SPORTS MASSAGE
- HOT STONE MASSAGE
- LEG MASSAGE
- BODY SCRUB
- REFLEXOLOGY

All of the above can be mixed to suit the client.

Tel: 087 398 0917    www.annamassages.com

Notices

**KINSALE BAPTIST CHURCH**  
No Service this Sunday 10th July  
All welcome every Sunday from 17th July  
11am Temperance Hall  
www.kinsaleabc.ie

 **Soul Mates**  
“Don't be alone”.

Meet that Special Someone for  
Friendship & Romance  
with like-minded people.

SAFE, RELIABLE & CONFIDENTIAL

Phone: 087-9216302 • 087-7720250

**WANTED**  
**ALL SCRAP**  
**CARS, LORRIES, ETC**  
**TOP PRICES PAID**  
Call 085 232 8519



**Dermot Ryan's**  
**HERITAGE**  
**TOWN WALKS**

“Best Guide in Ireland” *Irish Independent*  
“Kinsale’s Top Attraction” *TripAdvisor*  
“Best Value €5 in Ireland” *Sunday Times*

2021 Travellers’ Choice™  
  
Tripadvisor


**10.30am Daily**  
(or by appointment)  
**From Tourist Office**  
Adults: €5 Children: Free

**Call 086 826 7656**

**Kinsale’s Top Attraction - Fáilte Ireland**

**Kinsale Storytellers present**  
**THE CAULDRON OF POESY**  
*A story voyage through ancient Ireland  
by one of Ireland’s finest storytellers.*

**The Lord Kingsale**  
**Tuesday 12th and Tuesday 19th July**  
**8pm-9pm**

 **Adult: €15 / Student: €10 / Child: €8**

**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. KOS*

**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. SC*

## DON & BARRY'S HISTORIC STROLL

**DAILY TOURS AT 11.15am  
FROM THE TOURIST OFFICE**  
(Also at 9.15am, Mon - Sat)

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

**Rick Steves**

#1 Kinsale Tour



Over 1000 Reviews!

Twice voted Ireland's  
Best Walking Tour  
Chosen Guides  
by National Geographic



[www.HistoricStrollKinsale.com](http://www.HistoricStrollKinsale.com)  
**Tel: 087 2500731**

## The Kinsale Story

Adrian Neville  
087 7372679



A big screen picture show around the story of  
Kinsale and the history of Ireland

3 pm The Temperance Hall Wednesday to Sunday

## KINSALE HARBOUR CRUISES

Departure beyond Actons Hotel on board 'Spirit of Kinsale'

**July & August Timetable**

**EVERY DAY**

**12pm, 1pm, 2pm, 3pm, 4pm, 5pm**

**No booking required. Arrive early to secure your seat.**

See sandwich board at Tourist Office  
& Pier Rd. for updates.

Schedule subject to change depending on demand.

**T: 086 250 5456**

[www.kinsaleharbourcruises.com](http://www.kinsaleharbourcruises.com)

# WHAT'S ON in Kinsale & District

### Kinsale Arts Weekend

*Thurs 7th July*

**BLUE HAVEN:**

Arundo, 8.30pm.

**DERMOT RYAN'S**

**HERITAGE TOWN WALKS:**

10.30am, Tourist Office.

Or by appointment.

086 8267656.

**DON & BARRY'S**

**HISTORIC STROLL:**

9.15am & 11.15am,

Tourist Office.

**E ALANA JAMES:**

Exhibits at The Canvas

Works.

**GALLERY 23:**

Rain & Shine Exhibition

By Kit French.

Opening 7pm.

Runs until July 21st 2022.

**HAMLETS:**

Mike and Mike, 9pm.

**KINSALE ARTS WEEK:**

See programme page 17.

[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

### KINSALE HARBOUR

**CRUISES:**

12pm, 1pm, 2pm, 3pm,

4pm, 5pm.

Departs beyond Actons.

**STRONGER WITH**

**SIOBHAN:**

9.30am: Zoom/Gym

Strength & Conditioning.

7pm: Strength Circuits

@ Mansfield Gym.

087 2771899.

**THE KINSALE STORY**

A Big Screen Picture

Show - Adrian Neville.

Temperance Hall, 3pm.

### Kinsale Arts Weekend

*Fri 8th July*

**ARAN HAT THEATRE:**

Presents Death at the

Barbecue.

Bowling Green 16.00.

Bring something to sit on!

[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

### ARMADA BAR:

Live music.

**BLUE HAVEN:**

Trad Duo, 10pm.

**DERMOT RYAN'S**

**HERITAGE TOWN WALKS:**

10.30am, Tourist Office.

Or by appointment.

086 8267656.

**DON & BARRY'S**

**HISTORIC STROLL:**

9.15am & 11.15am,

Tourist Office.

**E ALANA JAMES:**

Exhibits at The Canvas

Works.

**GALLERY 23:**

Rain & Shine Exhibition

By Kit French.

**KINSALE ARTS WEEK:**

See programme page 17.

[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

**KINSALE HARBOUR**

**CRUISES:**

12pm, 1pm, 2pm, 3pm,

4pm, 5pm.

Departs beyond Actons.

**KINSALE HEALTH HUB:**

Love your Skin,

[www.kinsalehealthhub.com](http://www.kinsalehealthhub.com)

**KINSALE POTTERY:**

Half Day Drop-in Sessions

For adults/teens and

families. 2pm to 5pm.

[www.kinsaleceramics.com](http://www.kinsaleceramics.com)

**THE KINSALE STORY**

A Big Screen Picture

Show - Adrian Neville.

Temperance Hall, 3pm.

### Kinsale Arts Weekend

*Sat 9th July*

**ARMADA BAR:**

Live music.

**BLUE HAVEN:**

Mike O'Riordan, 10pm.

**DERMOT RYAN'S**

**HERITAGE TOWN WALKS:**

10.30am, Tourist Office.

Or by appointment.

086 8267656.

# WHAT'S ON in Kinsale & District

**DON & BARRY'S HISTORIC STROLL:**  
9.15am & 11.15am,  
Tourist Office.

**E ALANA JAMES:**  
Exhibits at The Canvas Works.

**GALLERY 23:**  
Rain & Shine Exhibition  
By Kit French.

**HAMLETS:**  
World Rum Day, Port of  
Kumbia from 3.00pm,  
DJ Gwada Mike from  
9.00pm.

**KINSALE ARTS WEEK:**  
See programme page  
17.

[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

**KINSALE HARBOUR CRUISES:**  
12pm, 1pm, 2pm, 3pm,  
4pm, 5pm.  
Departs beyond Actons.

**KINSALE POTTERY:**  
Pottery Weekend  
[www.kinsaleceramics.com](http://www.kinsaleceramics.com)

**STRONGER WITH SIOBHAN:**  
8am: Hardcore  
Bootcamp.  
9am: Beginner's  
Bootcamp. Dock Beach.  
**THE KINSALE STORY**  
A Big Screen Picture  
Show - Adrian Neville.  
Temperance Hall, 3pm.

## Kinsale Arts Weekend

### Sun 10th July

**ARAN HAT THEATRE:**  
Presents Death at the  
Barbecue.  
Bowling Green 16.00.  
Bring something to sit  
on!

[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

**ARMADA BAR:**  
Live music.

**BLUE HAVEN:**  
Bought and Sold, 8pm.

**DERMOT RYAN'S HERITAGE TOWN**

**WALKS:**  
10.30am, Tourist Office.  
Or by appointment.  
086 8267656.

**DON & BARRY'S HISTORIC STROLL:**  
11.15am, Tourist Office.

**E ALANA JAMES:**  
Exhibits at The Canvas Works.

**GALLERY 23:**  
Rain & Shine Exhibition  
By Kit French.

**KINSALE ARTS WEEK:**  
See programme page 17.  
[www.kinsaleartsweekend.com](http://www.kinsaleartsweekend.com)

**KINSALE BAPTIST CHURCH:**  
No Service this Sunday.  
**KINSALE HARBOUR CRUISES:**

12pm, 1pm, 2pm, 3pm,  
4pm, 5pm.  
Departs beyond Actons.  
**THE KINSALE STORY**  
A Big Screen Picture  
Show - Adrian Neville.  
Temperance Hall, 3pm.

### Mon 11th July

**ATLANTIC OFFSHORE ADVENTURES:**  
Surf and Kayak Camps  
running all summer.  
Call/text: 087 944 3796.

**BLUE HAVEN:**  
Ben & Clem, 8.30pm.

**DERMOT RYAN'S HERITAGE TOWN WALKS:**  
10.30am, Tourist Office.  
Or by appointment.  
086 8267656.

**DON & BARRY'S HISTORIC STROLL:**  
9.15am & 11.15am,  
Tourist Office.

**GALLERY 23:**  
Rain & Shine Exhibition  
By Kit French.

**KINSALE COMMUNITY PLAYSCHOOL SUMMER CAMP:** Runs until July  
15th.

**KINSALE HARBOUR CRUISES:**  
12pm, 1pm, 2pm, 3pm,  
4pm, 5pm.  
Departs beyond Actons.

**KINSALE MUSIC SUMMER CAMPS:**  
With Bogna Siegel-  
O'Keefe.

7-9 year olds, 10am -  
1pm.

Email: [bognusiasiegel@yahoo.co.uk](mailto:bognusiasiegel@yahoo.co.uk)

**KINSALE OUTDOOR EDUCATION CENTRE:**  
Multi-Activity Courses  
for 8-10 year olds. Sailing  
courses all ages/levels.  
[www.kinsaleoutdoors.com](http://www.kinsaleoutdoors.com)

**KINSALE POTTERY:**  
Half Day Drop-in  
Sessions  
For adults/teens and  
families.  
2pm to 5pm.  
[www.kinsaleceramics.com](http://www.kinsaleceramics.com)

**OYSTERHAVEN ACTIVITY CENTRE:**  
Start Sailing (Level 1)  
Basic Skills (Level 2)  
Improving Skills (Level 3)  
Weekly courses.

Advanced Boat Handling  
Weekly courses.  
Windsurfing Get Up &  
Go!

Windsurfing Go for It!  
Pre booking essential  
[www.oysterhaven.com](http://www.oysterhaven.com)

**SENATOR TIM LOMBARD:**  
Clinic at Salvi's 4pm-  
5pm.

**STRONGER WITH SIOBHAN:**  
6.15am: Zoom Strength  
& Conditioning.

### Tues 12th July

**ARMADA BAR:**  
Live trad.

**BLUE HAVEN:**  
The Lounge man,  
8.30pm.

**DERMOT RYAN'S HERITAGE TOWN WALKS:**  
10.30am, Tourist Office.  
Or by appointment.  
086 8267656.

**DON & BARRY'S HISTORIC STROLL:**  
9.15am & 11.15am,  
Tourist Office.

**GALLERY 23:**  
Rain & Shine Exhibition  
By Kit French.

**KINSALE HARBOUR CRUISES:**  
12pm, 1pm, 2pm, 3pm,  
4pm, 5pm.  
Departs beyond Actons.

**KINSALE STORYTELLERS PRESENT THE CAULDRON OF POESY:**  
Lord Kingsale, 8pm-9pm.  
**STRONGER WITH SIOBHAN:**  
9.30am: Bootcamp  
@ Dock Beach.  
8pm: Body Sculpt  
@ Madden Park.

### Wed 13th July

**BLUE HAVEN:**  
Mike O'Riordan, 8.30pm.

**DERMOT RYAN'S HERITAGE TOWN WALKS:**  
10.30am, Tourist Office.  
Or by appointment.  
086 8267656.

**DON & BARRY'S HISTORIC STROLL:**  
9.15am & 11.15am,  
Tourist Office.

**GALLERY 23:**  
Rain & Shine Exhibition  
By Kit French.

**KINSALE HARBOUR CRUISES:**  
12pm, 1pm, 2pm, 3pm,  
4pm, 5pm.  
Departs beyond Actons.

**LEMON LEAF:**  
Now open on  
Wednesdays.

**STRONGER WITH SIOBHAN:**  
6.15am: Zoom Strength  
& Conditioning.  
087 2771899.

**THE KINSALE STORY**  
A Big Screen Picture  
Show - Adrian Neville.  
Temperance Hall, 3pm.

# PJ FITZGERALD INSURANCES

*Providing trusted personal advice for over 30 years.*



Business Insurance



27 Pearse Street, Kinsale, Co. Cork

Phone: **021 4772332** Email: **info@pjfitzgerald.ie**

**www.pjfitzgeraldinsurance.com**

PJF INSURANCES LTD T/A PJ FITZGERALD INSURANCES IS REGULATED BY THE CENTRAL BANK.