

FREE

Vol. 25 Issue 29/14

Friday 25th July - Thursday 31st July 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



CHECK OUT OUR... WORLD BEERS MENU

Unrivalled selection inc: Fuller's Honey Dew Lager, O'Hara's IPA, Old Speckled Hen, Hobboblin 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**

FRI 25th JULY

10.30pm

CADILLAC CATS

4 Piece Blues Rock Covers

SAT 26th JULY

10.00pm

FIRE DRILL

5 Piece Rock Covers

SUN 27th JULY

9.00pm

MIKE & RORY

2 Piece Folk/Rock/Contemporary Covers

WED 30th JULY

9.30pm

BIG SWINGING MIKEYS

3 Piece Folk/Rock Covers

THUR 31st JULY

9.30pm

JAWBONE

2 Piece Folk/Rock Covers

FRI 1st AUG

10.30pm

GDR

3 Piece Rock/Contemporary Covers

SAT 2nd AUG

10.00pm

THE JOHN CONNOLLY BAND

Member of the
Ireland Whiskey Trail



**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 25th JULY - DJ SEAN

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

SAT 26th JULY - DJ SEAN

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

THUR 31st JULY - DJ MARK

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

FRI 1st AUG - DJ MARK

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





*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



THE KINSALE ANTIQUUE FAIR

ACTONS HOTEL



SUNDAY 27th JULY
11am - 6pm

OVER 30 STANDS

ADMISSION ADULTS €3.50
INCLUDING FREE RAFFLE & CHILDREN FREE

THIS IS A HIBERNIAN ANTIQUE FAIR AND IS A SISTER FAIR
TO THE NATIONAL ANTIQUE & ART FAIR
IN MORAN'S SILVER SPRINGS HOTEL 30TH - 31ST AUGUST 2014.

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Keeping Kinsale Focused

Tel: 021 4773595

For all your optical requirements, with professional care & attention!

Now Open...

DRY EYE CLINIC

Wednesday Afternoons
2.00pm to 4.30pm

Please contact us for further
information and appointment



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

Actons of Kinsale



Food served daily in **Sidney's**
BAR AND BRASSERIE EST. 1946
12pm - 9.45pm

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



Our newly designed Pergola and Garden area is an ideal location for a relaxing drink in the evening, al fresco dining and also available for private hire for BBQ.

Billy Crosbie and friends playing in Sidney's Bar this Saturday 26th July from 9.30pm

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

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

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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.

pier

RESTAURANT

Perched on the Water's Edge...

one



*Enjoy our Delicious New
3-Course Set Menu*

STARTERS

Homemade Soup of the Day
with Herb Croutons & Chive Cream

Ardssallagh Goat's Cheese Tartlet
Red Onion Marmalade & a Dressed Rocket Salad

Rose of Melon
*Tropical Sorbet, Berry Jelly, Exotic Fruit
& Lemon Balm Coulis*

Deep Fried Prawn Scampi
Coated in a Light Beer Batter with a Sweet Chilli Glaze

MAIN COURSES

Irish Supreme of Chicken
*Filled with Cheese & Spinach wrapped in Crispy Smoked
Bacon with a Red Pepper Coulis*

Pan Fried Pork Fillet Medallions
Apricot & Apple Compote Drizzled with Red Wine Jus

Baked Fillet Sea Trout
*Glazed with Chilli Butter on a Bed of Lightly
Spiced Stir-fry Vegetables*

**Roasted Mediterranean
Vegetable Tartlet**
with Buffalo Mozzarella, Sundried Tomato & Basil Pesto

DESSERTS

*Choose a Delicious Homemade Dessert
Freshly Brewed Tea & Coffee*

FOR ONLY €27.50 per person

SATURDAY 26TH JULY

Live Music with Shane & Friends

Open every evening from 6.30pm
For bookings call us on 021 477 9300



Aperitif

WINE & TAPAS BAR
@ BLUE HAVEN



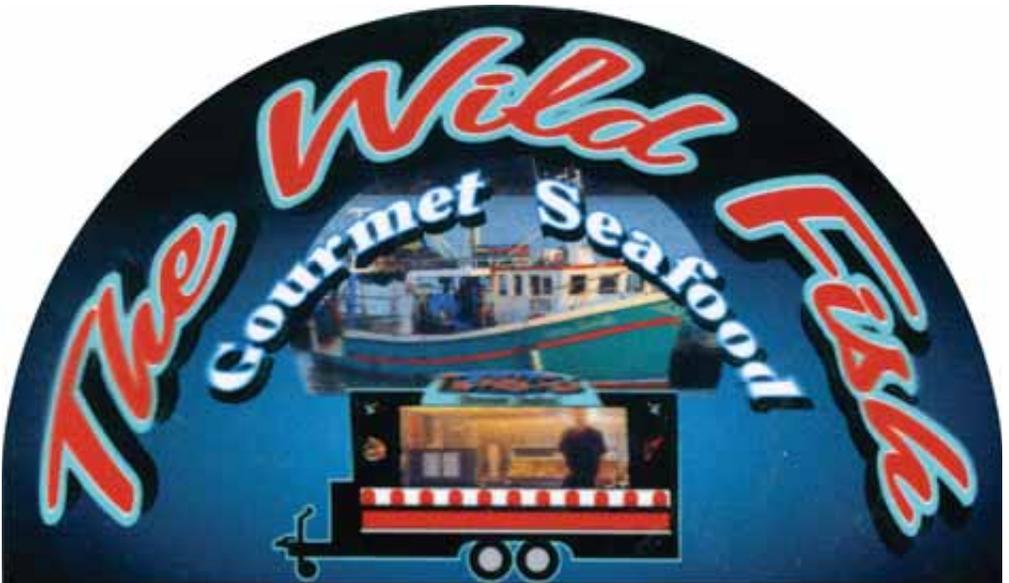
OPEN 7 DAYS A WEEK FROM 5.30PM

Fantastic Tapas & Wine Menu



The Perfect Venue For All Special Occasions

3/4 Pearse Street, Kinsale
www.aperitifkinsale.com | Pop in or call us on 021 4772209 | Follow us on facebook 



**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**

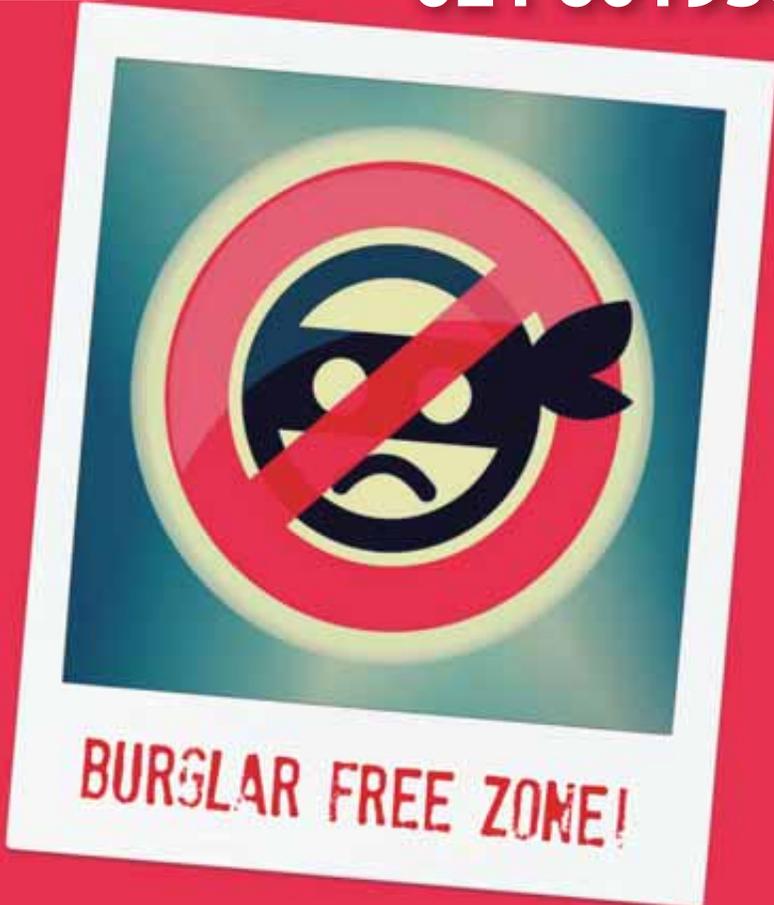
**FRIDAYS
Old Mill, Belgooly 12pm - 7pm**

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

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GIFT SHOP & TEA ROOM

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Gourmet Foods

Arbutus Breads - Fantastic Artisan Cheese
Great Sandwiches made to order - Salads to go
Frank Hederman's Smoked Fish
Ummera Smoked Chicken

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hurley's
ballinspittle

Ph: 021 477 8200

Food Served Daily
12.30pm - 8.45pm

Centra

SUNDAY SPECIAL

**Cooked Chicken
& 4 Large Rolls €10**

Simply Low Prices!

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Ballinspittle, Co. Cork.

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Home  *Garden*

Facebook: www.facebook.com/LaVieenRoseHomeandGarden Phone: 021 4708 784

**A walk in the wood,
A walk on the beach,
Call to Ballinspittle,
Life's a Peach!**

*Like Good Food?
Love Ballinspittle!*

**PARKING
NO PROBLEM**

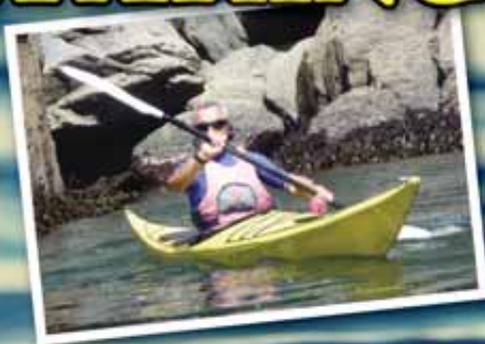


Welcome to Diána of Ballina Spa - 086 4475749 dia.papavasziliu@gmail.com

SEA KAYAKING TOURS

of Kinsale Harbour &
Bandon River area

13.00 – 16.30 €35

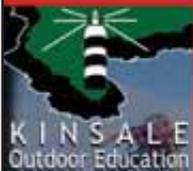


KINSALE OEC SUMMER CAMPS



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CANOEING • COASTEERING • BODY BOARDING • TEAM GAMES
RIVER TRIPS • CAMPING • CAMPS ARE SUITABLE FOR ALL AGES**

DAILY RATE AVAILABLE



BOOK TODAY 021 4772896

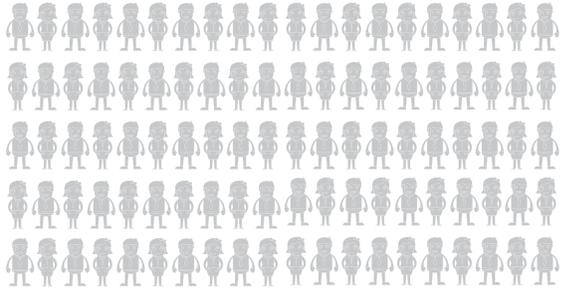
www.kinsaleoutdoors.com

Check us out on Facebook **Kinsale Outdoors**



For the past 3 weeks, Carma ran a Casual Carpooling line from the Pier Road bus stop for commuters heading into Cork.

Here are the results...



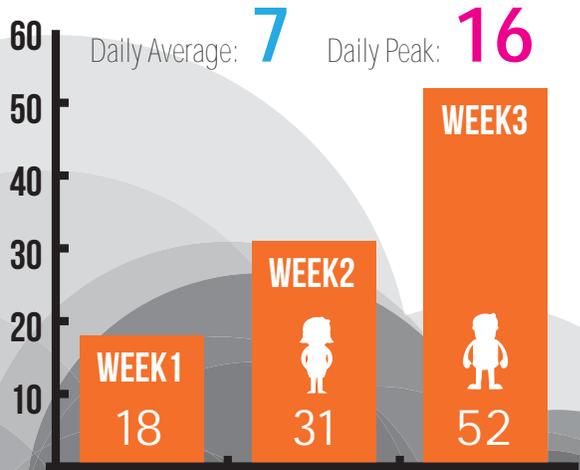

2,616km **SAVED**

101 **USER** 
TRIPS

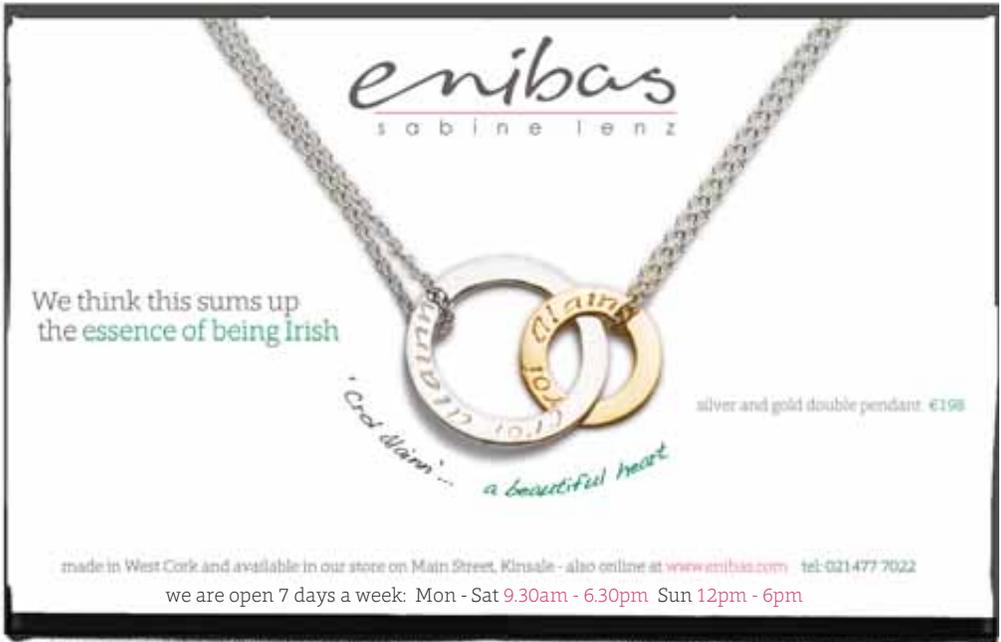
 **174** litres
of fuel saved
that's about

€275

812kg
of CO₂
avoided



 **carma**
www.carmacarpool.com



enibas
s abine lenz

We think this sums up
the **essence of being Irish**

'Caoil dlám'... a beautiful heart

silver and gold double pendant. €198

made in West Cork and available in our store on Main Street, Kinsale - also online at www.enibas.com tel: 021 477 7022

we are open 7 days a week: Mon - Sat 9.30am - 6.30pm Sun 12pm - 6pm



Kinsale Needs You!

How would you like to be part of a new Tourism Ambassador Programme in Kinsale?

Our Ambassadors will be the friendly faces of Kinsale, available to assist our tourists with everyday queries on the street. No extra time required, just simply be available to engage and help tourists as you go about your daily business.

We are looking for volunteers to be part of this new Ambassador incentive. You will be given relevant ID to indicate your willingness to assist our visitors.

We would love to hear from you to join our enthusiastic and fun team.

**Please call Philomena on 086 0880960
or Margaret on 086 821 9866**





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Get **TONED** and **FIT** whilst having **FUN**

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BOOTCAMP

TUESDAYS

6.45am - 7.30am

**DOCK
BEACH**

*The original, the best & the only
way to start the day!*

MENS CIRCUITS

TUESDAYS

7.30pm - 8.30pm

SAILE

THURSDAYS

7.30pm - 8.30pm

SAILE

SATURDAYS

7.00am - 8.00am

SAILE

Push, strengthen, socialize it's time to get dirty!

HIIT GIRLS

WEDNESDAYS

7.30pm - 8.30pm

SAILE

*Strip it down, shred it up, it's time to burn.
Can you handle the HIIT!*

SERGEANT SYLV



TO BOOK A CLASS

Email us at classes@roguefitness.ie or
call us at Rogue Fitness 021- 4777538

Classes are €10 pay as you go OR buy a 6 class pass for €55
OR a 10 class pass for €85 (any class/any time)

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F: 021 4773243

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www.kinsaletiles.com



***New Bathroom Tiles
in stock at €11.99yd²***

Carpet from €7.99yd²

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

Actons of Kinsale

*Get Beach
Body Ready!*



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1hr sessions €20 (member)
or €30 (non member)
or 6 Week Body Blast
Programme €199

- 2 personal training sessions per week
- 1 class per week
- All tailored to your ability
- An initial consultation
- Nutritional advice
- A closing consultation & future plan
- Use of facilities during 6 weeks

Outdoor Training Available

TRIATHLON TRAINING



EVERY MONDAY
6 week package

€150 non-members / €125 members

**PAY UP FRONT TO RECEIVE A
COMPLIMENTARY WEEK**

or Pay by week:

€30 non-members / €25 members

MEMBERSHIP

Don't forget about your Summer Membership
Various memberships available

from 1 month to 1 year ~ prices starting from €55

HOLIDAYING IN KINSALE AND WANT TO WORK OUT?

Please enquire about our short term membership.

Contact the Leisure Club on 021 477 2345 for more information

leisure@actonshotelkinsale.com | www.actonshotelkinsale.com



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**THE ONLY DEDICATED
STEAKHOUSE IN MUNSTER!**

Open from 5.30pm
Closed Sunday & Monday
Open August Bank Holiday Sunday

**Early Bird Menu
Available**

**Children Welcome
before 7pm**

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thesteakhousekin

All our steaks are dry-aged
All non-steak produce is either organic



We dare you to take

THE 42oz STEAK CHALLENGE

A 42 oz. ribeye on the bone with buttered corn on the cob, battered onion rings, portobello mushrooms and chips topped off with a sundae and a large drink.

Finish everything except the bone within 30 minutes and not only do you eat for free but you go on the wall of fame.

onnell St, Kinsale
0 9850
nsale@gmail.com

for a minimum of 28 days.
and/or free-range and sourced locally.

SEANACHAI
Market St, Kinsale

Open Thursday - Sunday

**Thursday 24th July
TRAD SESSION**

7pm - 9pm

**Friday 25th July
POLLY BARRETT**

8pm - 10pm

DJ RADIO LEARY

11pm - 2am

**Saturday 26th July
DJ JUSME**

12am - 2am

**Sunday 27th July
QUINCEY**

10pm - 1am

**Thursday 31st July
TRAD SESSION**

7pm - 9pm

**Friday 1st August
BARRY TIERNEY
DUO**

9pm - 11pm

DJ RADIO LEARY

11pm - 2am



**EVERY MONDAY &
THURSDAY NIGHT IS**

IRISH NIGHT

@ BLUE HAVEN

TRADITIONAL IRISH MUSIC WITH

ARUNDO from 9pm

IRISH DANCERS

DELICIOUS IRISH FOOD

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Chartered Physiotherapist

Karen is a certified clinical Pilates instructor. She combines both disciplines to help clients maximise core strength and stability.

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& Over 50s
Flexibility Morning
Class in September**

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Email: karenphysio@hotmail.com

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SUMMERCOVE, KINSALE

T: 021 477 2131 www.thebulman.ie

Sat 26th July 10pm

QUANGO REINHARDT
DANCE, DANCE, DANCE!!

Sunday Nights 8pm - 10pm

CLUB ON THE ROCKS

Billy Crosbie & Guests perform upstairs

BAR FOOD SERVED

SUN & MON: 12.30pm - 5pm

TUES - SAT: 12.30pm - 5pm & 6pm - 9pm

RESTAURANT OPEN TUES - SUN at 6.30pm



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PRODUCE**

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FROM OUR BAKERY**

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11am - 5pm**

We now accept payment by Visa/MasterCard (over €10)

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- Dunderrow
- Kinsale
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- Riverstick
- Ballygarvan

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Local Company with a local support team
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Ballinadee, Bandon, Co. Cork

email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie

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and commercial diesel
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Bandon, Co. Cork.

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

Kinsale: **021 477 7015**

Bandon: **023 883 9383**

Run, Jog or Walk THE KINSALE REGATTA 5 MILE RUN

Friday 1st August @ 7.30pm

Entry fee €10.00

**Supporting the Heart & Lung Appeal
at the Mater Foundation**

(The Heart & Lung Appeal at the Mater Foundation
is a newly established appeal that incorporates
the heart & lung transplantation)

Entries will be taken at Kinsale G.A.A. Grounds

Entries close @ 7.15 p.m.

Refreshments afterwards in
the Temperance Hall.

PRIZES FOR SENIORS, MASTERS, JUNIORS
AND WHEELCHAIR ATHLETES.

No dogs or buggies allowed.

FURTHER DETAILS FROM

Rose @ [086-8411193](tel:086-8411193)/ Nicola @ [086-8515371](tel:086-8515371)

or email rose.walsh@hotmail.com

BALLINA SPA



Open in Ballinspittle
Village Centre

NAILS by Diana



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Manicure & Pedicure

- ◆ Gel
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MASSAGE by Elisabeth



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- ◆ Back Massage
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- ◆ Head Massage
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Contact Diána
021 470 8860
086 447 5749

OPENING HOURS

Monday - Friday 10.00 - 18.00
Saturday by appointment



The
White House
KINSALE



Guest Accommodation
4 Star AA Guesthouse

BREAKFAST SERVED

8am - 11.30am

FOOD SERVED

12pm - 10pm

~ Special Value Menu ~

3 Courses €26 2 Courses €22.50

~ LIVE MUSIC ~

Friday 25th July

PUC AR BUILE

Saturday 26th July

SEANJOHN

Tuesday 29th July

LEON BUCKLEY 9pm

Wednesday 30th July

BILLY CROSBIE & FRIENDS 9pm

Thursday 31st July

SHANE & FRIENDS 9pm

~ LIVE SPORTS ~

Tour de France

GAA Hurling & Football

sky SPORTS

AT THE RACES



AA Rosette Award for Culinary Excellence 2006-2013
A Member of the Kinsale Good Food Circle

Your hosts **The Frawley Family & Staff**



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Available in Salon
on Saturdays

SPECIAL BLOWDRY & MAKE-UP

€35
(Book through Bel Ami)

Introducing **THE SIGNATURE BLOWDRY**

Frizz Free for up to
8 weeks in just 20 minutes!

Takes 45 minutes.

Price: €40

Great for Summer Holidays.

Rachel O'Brien, formerly of Toni+Guy, Kaizen, Origin and Kinsale, with Stylist Michelle Connolly

For appointments contact: Rachel on 021 477 7337



Oscar Madisons

7 MAIN ST, KINSALE

SATURDAY 26TH JULY 10.30pm

THE ORIGINALS

All Sports Shown on 5 HD Screens



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on Twitter

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*Publish your Communion, Graduation,
Wedding & Christening Photos in the
Autumn Edition of the ...*

Kinsale & District

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Email high res/large images to info@kinsalenewsletter.com
Please include all details, contact name and number.

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Ralf's Computer Services

& Internet Cafe

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Located 10 mins from Kinsale at Garrettstown beach, Gtown Surf School offers the ultimate Surf experience, for all ages and abilities.

Summer Camps for Kids & Teens run July and August.
Family Discounts and Drop-in Daily Rates Available.

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or call Susan on **021 4373057** or **086 8776935**



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Great TAPAS Amazing SEAFOOD Wonderful IRISH STEAKS

Our famous "Fruits de Mer" is back!

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 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.

THE  Free 

ARMADA

BAR & GUESTHOUSE
Pearse Street, Kinsale 021 477 2255

FRIDAY 25th JULY
DENNIS JOHNSON

SATURDAY 26th JULY
THE FERRYMEN

SUNDAY 27th JULY
BOBBY & EILEEN

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TRAD WITH
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WEDNESDAY 30th JULY 7.30pm
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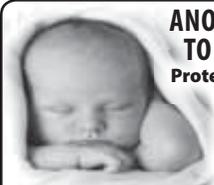
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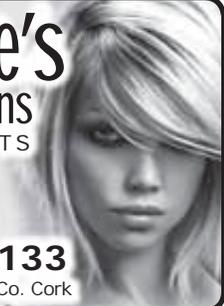
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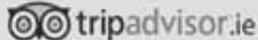
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DJ Sean, 11.30pm.

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HERITAGE TOWN WALKS:

10.30am from the

Tourist Office.

Also by appointment.

SEANACHAI:

Polly Barrett, 8pm.

DJ Radio Leary, 11pm.

SILENT BANJO:

Sun Kings, 10.30pm.

WHITE HOUSE:

Puc Ar Buile.

WILD FISH

GOURMET SEAFOOD:

Old Mill, Belgooly,

12pm - 7pm.

SAT 26th JULY

ACTONS:

Billy Crosbie & Friends

in Sidney's Bar,

9.30pm.

ARMADA BAR:

The Ferrymen.

BACCHUS NIGHTCLUB:

DJ Sean, 10.30pm.

BLUE HAVEN:

Two Time Polka.

BULMAN:

Quango Reinhardt.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Fire Drill, 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.

HUNTSMAN:

Garth Brooks Tribute

Karaoke with Donie.

OSCAR MADISONS:

The Originals, 10.30pm.

SEANACHAI:

DJ Jusme, 12am.

SILENT BANJO

King K, 10.30pm.

WHARF TAVERN

AT THE TRIDENT:

Shane & Friends, 9.30pm.

WHITE HOUSE:

Seanjohn.

WILD FISH

GOURMET SEAFOOD:

Kinsale Town Car Park,

12pm - 7pm.

YARD SALE:

All day from 10am.

Road to Howes Strand,

Kilbrittain.

SUN 27th JULY

ARMADA BAR:

Bobby & Eileen.

BLUE HAVEN:

Darren & Friends, 9pm.

BULMAN:

Club on the Rocks

with Billy Crosbie, 8pm.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office, 11.15am.

FOLKHOUSE:

Mike & Rory, 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.

KINSALE ANTIQUE FAIR:

Actons Hotel, 11am - 6pm.

SEANACHAI:

Quincey, 10pm.

SILENT BANJO: The Rambling

Weavers, 8.30pm.

MON 28th JULY

BLUE HAVEN:

Irish Night with Arundo &

Irish Dancers, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

Cruise at 12pm, 2pm,

3pm, 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office.

Also by appointment.

KINSALE ST. JOHN THE

BAPTIST CHURCH:

Perpetual Adoration,

9am - 1pm.

TUES 29th JULY

ARMADA BAR:

The Merry Stems, 7.30pm.

BLUE HAVEN:

Sonnie & Friends, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S

HISTORIC STROLL:

The Tourist Office

9.15am, 11.15am.

HARBOUR CRUISE:

12pm, 2pm, 3pm, 5pm.

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.

KINSALE ST. JOHN THE

BAPTIST CHURCH:

Perpetual Adoration,

9am - 8pm.

WHITE HOUSE:

Leon Buckley, 9pm.

WED 30th JULY

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:

12pm, 2pm, 3pm & 5pm.

Departs beyond Actons.

HERITAGE TOWN WALKS:

10.30am from the

Tourist Office.

Also by appointment.

KENNEDY'S OPTICIANS:

Dry Eye Clinic, 2pm - 4.30pm.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 6.30pm.

WHITE HOUSE:

Billy Crosbie & friends, 9pm.

WILD FISH

GOURMET SEAFOOD:

Kinsale Town Car Park,

12pm - 7pm.

THUR 31st JULY

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN: Arundo

& Irish Dancers, 9pm.

DALTONS BAR: Trad.

DON & BARRY'S HISTORIC

STROLL: The Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

Jawbone, 9.30pm.

HAMLETS: King K.

HARBOUR CRUISE:

12pm, 2pm, 3pm & 5pm.

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.

SEANACHAI:

Trad Session, 7pm.

WHITE HOUSE:

Shane & Friends, 9pm.



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KINSALE OSTEOPATHS

71 Lower O' Connell Street, Kinsale,
Tel: 087 358 6145 E: kinsaleosteopaths@yahoo.ie



An osteopath is...

a health care professional that is highly trained and qualified in orthodox medical clinical skills of assessment and diagnosis.

What distinguishes an osteopath is the ability to see the body as a whole and recognize the interrelationship within the body.

It is this approach that many patients with complex presentations have found significant relief, results in Osteopathy.

OSTEOPATHY DOES NOT JUST TREAT THE MUSCULOSKELETAL SYSTEM.

In addition, some of the common presentations to the clinic include:

BACK, NECK, SHOULDER, KNEE, FOOT PAIN & INJURIES.

CHILDREN'S HEALTH:

Infant reflux, colic, sleep problems, learning difficulties, dyslexia, ADHD, special needs.

PREGNANCY:

Back pain, headaches, sacro iliac, sciatica.

Sharon O'Donoghue, M.Ost

Masters Degree in Osteopathy Member of the General Osteopathic Council (GOsC)
Osteopathic Council of Ireland (OCI) Graduate of British School of Osteopathy, University of Bedfordshire.

7am - 9pm Appointments available.

Approved by all major health insurers.



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