# EXPERIENCES, IT'S IN OUR NATURE 😂

Winter Newsletter

# Get out in the Geopark this Winter

An adventure awaits you in the stunning Cuilcagh Lakelands Geopark this winter. With wonderful walks, castles and cairns, there is so much to explore and enjoy our stunning landscape. There is something for everyone, on land, water and underground.

Here are some ideas to spend your days discovering the Geopark.

#### Winter Waterways!



Just because it is Winter doesn't mean you can't enjoy some of our fantastic waterways from a distance or by trying out some water sports. Our Geopark is home not only to the fantastic Fermanagh Lakelands but also to a number of Cavan lakes as well. Did you know, Cavan has 365 lakes, one for every day of the vear!

The Shannon Pot is the official surface source of the River Shannon. Found in County Cavan, the waterway, while just a trickle at its source, is the longest river in Ireland and, there's plenty of on-land exploration to do in the area such as nearby Cavan Burren Park.

## keu Things to remember this <u>Winter</u> \* 0

Why not try kayaking on Lough Oughter or hiring a day boat from Cavan Adventure Centre? Or hire a stand-up paddle board from Blue Green Yonder for a SUPer time!

For something a little more luxurious, board the Erne Water Taxi, and take a tour of Lower Lough Erne, stopping off at the famous monastic site of Devenish Island.











Prepation is 😂 CUILGAGE

- Check for Weather warnings before you leave
- Be equipped for where you are walking
- In an emergency call 999
- Charge your phone and check signal
- Wear suitable footwear

### **Ancient Trees** and Wooded **Trails**



If you want to enjoy some fresh air and get closer to nature this Winter, you are spoilt for choice when it comes to exploring trails and forests in Cuilcagh Lakelands Geopark.

Check out some of our favourite recommendations for enjoying fresh air and getting closer to nature this Winter.





Our famous <u>Cuilcagh Boardwalk</u> <u>Trail</u> meanders through expansive blanket bog, limestone landscapes and all with the distinctive flat topped Cuilcagh Mountain ahead. Key information on this trail and suitability is available on our <u>website.</u>

Cavan Burren Park is a mythical, spiritual landscape of monuments, megalithic tombs, hut sites and prebog walls. These prehistoric sites have stood the test of time and are located within metres of each other. The park offers stunning views of Cuilcagh Mountain, west Cavan and the wider Geopark. The Calf House Trail is wheelchair friendly and suitable for a family adventure. An Interpretative Centre on site offers information about the archaeological, geological, and cultural history of Cavan Burren Park.



Explore the ancient woodland of <u>Castle Caldwell Forest.</u> The 200hectare forest has a range of mixed broad-leaf trees comprising of ash, beech, oak, and holly. Located along the northern shores of Lower Lough Erne, breathtaking views can be enjoyed from the rugged shoreline.

Don't forget, we operate a Leave No Trace policy. Please remember take all litter home or use bins provided.

#### Eat & Drink

A trip isn't complete without some delicious local food. Enjoy some hearty pub grub and a warm welcome at the <u>Keepers Arms</u> in Bawnboy, or maybe you will try some of their delicious new wood fired pizzas! For a more relaxed and intimate dining experience, book a table at <u>Tully Mill</u> <u>Restaurant</u>, using locally sourced produce, the traditional menu with modern twists is a treat for the taste buds.

We are thrilled to have both the <u>Keepers Arms</u> and <u>Tully Mill</u> <u>Restaurant</u> as integral members of our Sustainable Business Network. They're committed to environmentally conscious practices and promoting sustainable tourism. Enquiries on the Network can be emailed to info@cuilcaghlakelands.org.



#### **Family Fun**

A visit to the <u>Marble Arch Caves</u>, one of our most famous tourist attractions, can still be enjoyed by all this family this Winter. The show caves are open all year round and make for a great day out.

A trip to the stunning active living cave set in the picturesque foothills of Cuilcagh Mountain is a unique experience at this time of year. The caves were formed over 340 million years ago. Delve into the deep and take a guided tour of the hidden underground and marvel at the limestone formations.

Take your teenagers e-biking at <u>Corralea Activity Centre</u>. Suitable for those aged 14+, discover the Fermanagh outback, the untapped wilderness and forest tracks of West Fermanagh on electric bikes. Don't forget to stop, take in the views, and tag us in your wonderful images! **@cuilcaghlakelands** 



#### **Itineraries**

We have a number of itineraries to give inspiration on your day trip or overnight visit in Cuilcagh Lakelands Geopark. Check them out here.



## **Upgrade Works**

Exciting development works have been completed or are near completion on Geopark trails and sites including Sean Eamon Ruaraí Trail and Garvagh Lough near Glangevlin. Upgrade works to both sites include path repairs, replacement stiles, new trail furniture and interpretation highlighting the cultural, natural and built heritage of these trails. These projects were funded under the Outdoor Recreational Infrastructure Scheme, by the Department of Rural and Community Development and Cavan County Council.

Upgrade works have commenced to the existing Geopark amenity area including creation of new changing facilities at Lough MacNean, Blacklion. Additional facilities include a new freshwater shower, welcome interpretation and additional picnic benches. Proposals for native hedge planting and additional gateways to the site will provide a safer and more bio-diverse rich environment. This project has been funded by the Department of Rural and Community Development under the CLÁR Programme and Cavan County Council.

## What's On?

#### Dark Skies Safari - NI Science Festival

Friday 16 - Saturday 17 February 2024.

Come and see the glorious sights of the night sky at one of the darkest sky sites in Ireland. Join Astronomer Terry Moseley, for a Dark Sky Safari in the pristine dark skies of Cavan Burren Park. Learn how to take part on the Big Star Count and how to record the stars you can see.

#### Armagh Observatory and Planetarium - Dark Skies on Tour for NI Science Festival

Saturday 17 February 2024. Join Geopark and Planetarium staff for a 90-minute session dedicated to the wonders of space. Enjoy a planetarium show in the mobile star dome before seeing real meteorites, conducting a meteorite experiment, and finishing your day with some space themed arts and crafts.

#### 2-Day Basket Weaving Course

Saturday 23 - Sunday 24 March 2024.

Join our Geopark Guide Stephen to work with natural materials and experience the ancient craft of willow weaving. Over two days, you will practice the skills of weaving a traditional round willow breadbasket. For beginners and those interested in the techniques involved in weaving a round basket.

Tickets for all events available on our website <u>here.</u>