

The Keepers Arms



Know Before You Go Guide



The Keepers Arms is a family run B&B with a friendly Irish pub in Bawnboy, Co Cavan. This guide will help you get ready for your stay.



To book your stay at The Keepers Arms you can either book online at <https://keepersarms.com/>, email info@keepersarms.com or call +353(0)499523318.



This is Sheila and her husband, owner of The Keepers Arms. She is happy to help you plan your visit and when you arrive.



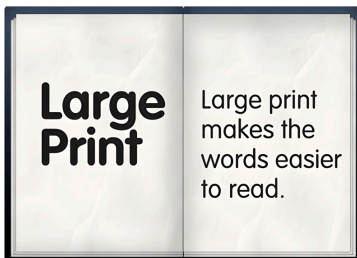
The front door to the B&B has a small step, but the back door to the bar has no steps. The car park can hold 15 cars and is close to the entrance.



Door widths are standard. The ground floor is accessible for wheelchairs, but all bedrooms are located on the first/second floor and are not suitable for wheelchair users.



Toilets are standard throughout the building. Showers have grab rails.



We can provide large print menus if needed. There are two **quiet rooms** available for guests who need a calm space on the first floor.



We welcome animals. Our private garden is accessible for guests and pets.



Sensory Tools in Nature



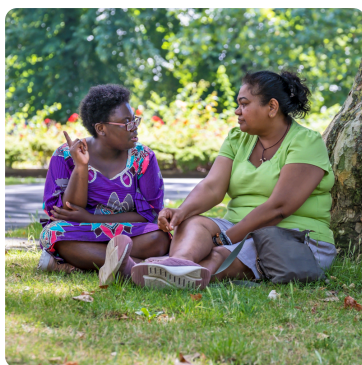
The Keepers Arms is surrounded by nature in a quiet countryside. The perfect place to relax or explore.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the trees and clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Take a deep breath and notice the different scents. Smell the flowers, grass, and trees. Smelling nature can be relaxing and make you feel happy.



The Keepers Arms has lots of space to explore your senses. You can look, listen, touch, move, and smell. Spending time in nature can help you feel good



Eco Friendly



The Keepers Arms is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network



We work closely with our community and have installed a bug hotel and picnic benches in the nearby community garden.



We use locally sourced produce for all our meals. This helps to reduce food miles and supports local farmers.



About Geoparks



The Keepers Arms is located in Cuilcagh Lakelands Geopark.



What is a Geopark? A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



Things To Do Nearby in Cuilcagh Lakelands Geopark



Ballyconnell Canal Trail – A peaceful waterside trail, with wildlife, and relaxing scenic views.



Tullydermot Falls – A cascade surrounded by tranquil woodland scenic beauty.



Altachullion Viewpoint – Offers panoramic views, rolling hills, and serene landscapes.

Photosymbols[®]

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to info@cuilcaghlakelands.org.