

# **2** Killeen Cheese Farm

Just outside Portumna, Marion Roeleveld produces cheese from the milk of their herd of 200 goats. She also buys in cows milk from a nearby farmer to turn that into cheese. The semi hard cheeses are available in a plain variety or seasoned with herbs. Over the years Killeen Farmhouse Cheese has won many awards. Keep an eye out for Killeen and Kilmora in restaurants, farmers markets, and good food shops around Ireland.



 Q Loughanroe East, Ballyshrule (R353), Portumna, Co. Galway The farm is not open to the public

★ +353 (0) 90-9741319 Killeen.cheese@gmail.com

🜎 www.killeencheese.ie

## 3 bombyxMORI Wearable Art

bombyxMori (comes from the Latin name for the silk moth ) was founded in 1999 by Astrid Tomrop-Hofmann, bombyxMori is a studio. gallery and workshop with an Asian-style teahouse, which gives visitors the opportunity to see the process of creativity in action! A range of one-of-a-kind treasures/products including scarves, hats, waistcoats and accessories & mu more are for sale direct to the public and in stockists throughout Ireland and internationally.



Oberryvunlan, Power's Cross, Portumna, Co. Galway. (6km from Portumna turn right from R352 onto L8784, next lane turn left into the forest.).

Monday-Saturday, 10.00-18.00. Sundays by appointment

♠ +353 (0)90 9749467 bombyxmorifeltsilk@gmail.com

bombyxmorifeltsilk.weebly.com bombyxmoriwearableart.weebly.com

# 4 Revived and Retro

If you have a passion for creating something new and unique from old materials or you hate to throw something away just because is old, then Revived and Retro is the place for you. The family-run business re-works exist furniture or objects into quirky modern pieces or collaborates with clients to design something personal from existing materials It might be a clock made from a vinyl record or a vintage suitcase turned into a table. The online shop features products that have been



upcycled and items made to order. Revived and Retro share their skills and eye for the unusual through demonstrations and workshop:

Terryglass, Co Tipperary Phone to make appointment

+353 (0)87 245 8250 info@revivedandretro.ie 😚 www.revivedandretro.ie

# 5 ) Cáis na Tíre Sheeps Milk Cheese

Barry and Lorraine Cahalan take their ewe's milk to make an award winning Cáis na Tíre sheep cheese on their home farm. Their ewe herd is a Friesland breed and they graze outdoors on fresh grass most of the year. They are even friendly enough eniov a little scratch after milking! Cá na Tíre cheese can be found in many shops, delicatessens and farmers marke around the country.



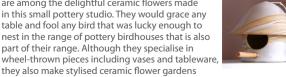
♀ Cloninaha, Terryglass, Co Tipperary

Call ahead to visit (a) +353 (0) 87 227 4789

acaisnatire@gmail.com www.caisnatire.ie

# 6 Cole Ceramics

Perky white and yellow daisies and pink-hued roses are among the delightful ceramic flowers made in this small pottery studio. They would grace any table and fool any bird that was lucky enough to nest in the range of pottery birdhouses that is also part of their range. Although they specialise in wheel-thrown pieces including vases and tablewa



complete with butterflies, which come as standalone or mounted and ramed. A visit to their studio will bring a smile to your face.

▼ Terryglass, Nenagh, Co Tipperary

Check in advance

★ +353 (0)87 125 1544 info@coleceramics.ie

www.coleceramics.ie / www.facebook.com/ColeCeramics









Welcome to Ireland's Blueways

# Do it your way and create your own unique Blueway

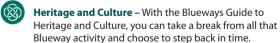
Whether you're into paddling, walking, cycling, or simply hooked on the outdoors, make yours a trip to remember on Ireland's

Activity trails along the Lough Derg Blueway provide a scenic perspective into the heart of the Irish landscape. From leisurely strolls and gentle paddles to adrenaline-filled days on land and water - Blueways offer tailor-made trips like no other.

Timelessness meets 'time of your life' when you arrive on a Blueway. So create your own adventure or take it at your own pace and do the Blueways your way!

While you're enjoying these Blueway trails, there's so much more to see and do in the local area. The following range of guides have been created to help you make the most of your visit to





Made in Lough Derg (Arts, Crafts and Food) - With the guide to Arts, Crafts and Food, you will be able to use your trip to the Blueway to explore traditional skills and taste locally produced food.

Outdoor Activity – The Outdoor Activity Guide provides you with so many reasons to celebrate being in the great

www.bluewaysireland.org









Galway County Council and Tipperary County Council in partnership with Lough Derg Lakelands and





- **?** The Square Bridge House Main Street, Borrisokane, Co Tipperary +353 67 27792
- www.shabbv.ie

call into their shop to browse

# 8 Brookfield Farm

Bees foraging on local wild flowers make the honey that is collected to produce Brookfield Farm's range of honey and hive-based gifts. You can invest direct in a hive and get a supply of your own nive's honey and a gift pack of beeswax products at harvest time. The honey is cold-filtered to preserve nutrients and the candles and balms are handmade. The lakeside farm also produces freerange lamb that is prepared by a local craft butcher and sold direct to customers online.



Prookfield Farm, Coolbaun, Nenagh, Co Tipperary

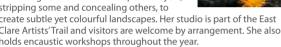
🔛 Direct online sales

★ +353 (0)86 855 1309 ailbhe@brookfield.farm

www.brookfield.farm / www.facebook.com/ BrookfieldFarmProduce



Isabelle Gaborit is an encaustic artist. Encaustic is the ancient technique of molten beeswax as a painting medium. Working in her lightfilled studio with its views of the forest and akeshore, she layers pigmented beeswax vith mixed media, photography, digital print and collage to build semi-transparent layers, stripping some and concealing others, to



Whitegate, Co Clare

Phone/email to make appointment

www.isabellegaborit.com

## Marina Postir Ceramics Neddy's Cottage

A Ceramic art Studio/Shop with a wide variety of ceramic items or sale, ranging from Atlantic laves, Birds, and Flowers to Celtic Zodiac Signs. There are hand build, thrown and cast ceramic art available for visitors to the shop and it is possible to order custom made items too. Art/Craft and Clay



vork classes are available for adult and children.

Oromineer, Nenagh, Co. Tipperary Mon - Sun from 2pm-6pm, closed Thursday

★ +353 (0)86 2264303 marinapostir@gmail.com www.facebook.com/MarinaPostirCeramics

### 11 John Hanly Woollen Mills

Four generations of the Hanly family have run this weaving business for nearly 125 years. The water-powered woollen mill in Ballyartella was set up in 1893 and productio has continued there since. As well as weaving pure wool cloth for top fashion designers, the company produces a wide range of accessories, blankets, capes and caps in mbswool, tweed, merino and cashmere. nill's shop stocks the full range of accessories as well as a large selection of their fabric, weed jackets and other craft giftware.



Pallyartella Woollen Mills, Nenagh, Co Tipperary (off R495)

Monday-Friday, 10am-5.45pm ★ +353 (0)67 24278 office@johnhanly.com

www.johnhanly.com / www.facebook.com/johnhanlyandco

## Mark Wilson The Forge

In the 300-year-old forge in the centre of Mountshannon, blacksmith and metal sculptor Mark Wilson mixes new design styles with traditional technology to make rtwork and jewellery from recycled metal. He also makes tools and home furnishings. He works mainly in scrap copper and iron and his metal sculptures and designs grace many community buildings in the locality. He gives emonstrations at local festivals and runs



ourses in copper working and blacksmithing. Seven generations of th Lyons family have plied their trade at the forge over the centuries

Main St, Mountshannon, Co Clare

Call for details theforgemountshannon@gmail.com

www.mountshannonforge.com

### 13) True Food Academy

Nutritional therapist Colette McMahon is a certified GAPS (Gut and Psychology Syndrome) practitioner. In the True Food Academy's purpose-built kitchen, she runs day workshops on the GAPS dietary approach to good health and Nutrition4Life courses over five weeks. People learn about the digestive system and how good and bad foods affect it and overall health. Shorter courses are held on Fermented



oods, Raw Food and Juicing, Sourdough Bread and the GAPS diet while Talk Demo Taste workshops are offered at local food festivals throughout the year

Mountshannon, Co Clare

Check for courses 🗈 +353 (0)87 659 5417

### Vivienne Bogan

Inspired by the east Clare landscape, artist Vivienne explores the connections between the earth, human emotions and inner life. Working in collage, mixed media, paper and found naterials, her images range between figurative and abstract. She favours working directly with materials in an exploratory way rather than traditional painting techniques and produces work of vivid colour and texture. She is a membe of the Croí group of artists whose studios can be visited by arrangement



Pauragegaun, Feakle, Co Clare Phone/email for appointment +353 (0)85 716 5612

viviennebogan@gmail.com 🜎 www.croiarts.com/vivienne

Sculptor Ian Kelly is helping to revive an age-old Irish tradition of using bog-wood as a decorative and artistic material. For centuries people used the trunks and stumps of trees found in bogs for building, furniture and household utensils. In the 19th century, bog-wood, which has been buried i bogs for thousands of years, was popular for fine urniture and Jewellery made of shining bog-wo was often set with pearls and gold. Ian Kelly gives

15) lan Kelly Bog Oak Sculptor



workshops in bog-wood carving and leads tours of local boglands. His studio is part of East Clare Craft Trail and visitors are welcome.

Q Capparoe, Scariff, Co Clare

Phone/email for opening times and to arrange tour ♠ +353 (0)87 162 8041 blackoakdown@hotmail.com

www.facebook.com/lanKellyBogOakSculptor

## Nathalie El Baba

Artist Nathalie El Baba creates work in glowing colours in mosaic, murals, glasswork, portraiture o andscapes. Her paintings bring a vivid glow to the ometimes subdued colouring of the Irish landscape and can be viewed and bought on-line. Her studio is part of the East Clare Artists Trail. She is also an arts and craft tutor and she holds workshops in her studio overlooking the Slieve Bearnagh countryside. Nathalie also organises art and craft holidays with a workshop each day devoted to different media.

Wisitors welcome, part of East Clare Artists Trail. Arrange in advance

→ +353 (0)87 615 9466 info@creativearts.ie www.creativearts.ie / www.facebook.com/NathalieElBabaArtist

## 17 Mid-West Ireland Languages

In this language school homework for foreign students learning English is to have lots of fun thrown in. Morning lessons are followed by afternoons of kayaking, raft-buildings, orientee on an island in Lough Derg, hurling, Irish dancing and exploring the Clare landscape. The school offe he Academic High School Year and a Summer Junior Programme for young students as well as individual teaching programmes for adults. Tutors are all qualified TEFL teachers. During their stay, students live with host families nearby and are immersed in the daily use of English, as well as taking part in local activities.

Pallyglass, Scariff, Co Clare

the Check for term and enrolment dates +353 (0)87 617 2149 info@mwirelandlanguages.ie www.mwirelandlanguages.ie

## (18) Cookery School and Enterprise Centre

The spirit of community and sustainability runs through all the activities of the energetic East Clare Community Co-op, from the organic community garden that supplies its vegetarian Garden Café to the training kitchen and demonstration area for practical cookery classes. The Co-operative runs a recognised training centre for food training and micro-enterprise food production. The Cothú Cookery School training kitchen and its professional commercial kitchen are available for rent daily or weekly. Here new food producers can start cooking in HSEpproved premises and existing food enterprises expand.

Main St., Scariff, Co Clare Phone to arrange a visit to kitchens. Garden Café Monday-Friday, 9am-4pm, all year ★ +353 (0)61 921536 eastclarecoop@gmail.com

www.eastclarecommunitycoop.com

### Nicola Henley

The movement of birds within nature fascinates textile artist Nicola Henley who translates their images into art by dying, painting, screen-printing and stitching cotton calico to create large-scale landscapes and seascapes. The results of her creative energy have been exhibited in galleries and public collections around the world. She is equally passionate about sharing her skills and helping people design their own artworks. Her

courses are held in her converted barn/studio in the Clare countryside. Nicola's studio is on the East Clare Artists' Trail and visitors are welcome to make an appointment.

▼ Tuamgraney, Co Clare

Phone/email for details or to arrange studio visit +353 (0)61 921411 / +353 (0)86 346 5864

nhenley6@gmail.com 😚 www.nicolahenley.com

### 20 Wasted Junky

If your idea of heaven is a car boot sale or rawling through skips for hidden treasure then Wasted Junky is the place for you. This salvage yard saves potentially useful items from clogging up landfill by rescuing and revamping then selling them on. Furniture, oys, household utensils or vintage items car



all be found. Unleash your inner treasure-hunter and go recycling.

Raheen Road, Tuamgraney, Co Clare (off R463) Monday-Friday 12pm-5pm; Saturday 10am-2pm

1 +353 (0)86 080 4906 www.wastedjunkysalvage.ie

## Wilde Irish Chocolates

Have you ever wondered what goes on behind the doors of an artisan chocolate maker? Call in to a real working chocolate factory and see them hand-making some of their 80 different chocolate goodies. Smell the delicious aromas, ask questions, make suggestions and taste-test the chocolates and fudge. You can sip a hot chocolate or coffee too. Easter treats are a speciality and keep an eye on their website as they offer occasional chocolate making workshops. They also have a shop in Doolin, West Clare and their excellent online shop can also keep you stocked up after you leave, but call in first admission is free to the open-plan factory so maybe it's time to let loose your 'Wilde' side.



▼ Tuamgraney, Co Clare (R352)

Monday-Friday, 9am-5pm +353 (0)61 922080 / +353 (0)87 270 6708

wildeirishchocs@gmail.com

www.artandhealingcentre.ie

# 25 Nenagh Arts Centre

In the former Nenagh Town Hall, built in 1895, this vibrant centre caters for people of all ages and backgrounds. Local drama and community groups are supported in using its expertise and facilities in their work across all art forms. Professional and community-based artists in theatre, dance, music and literature as well as Irish and world cinema are brought to local audiences. The well-supported hub hosts arts estivals and classes in many subjects.



Panba Square, Nenagh, Co Tipperary

Box Office Monday-Saturday 11am-6pm

★ +353 (0)67 34400 director@nenagharts.com 🌎 www.nenagharts.com



The whitewashed stone walls of the restored 19th century cottages provide a calm backdrop to contemporary artworks exhibited in Bridge House Studios. The gallery was founded by artist and printmaker Iseult O'Flynn, who also runs the art and picture framing shop in the heart of Killaloe. Her artwork combines various printmaking techniques and mixed media on canvas. Visitors to this stunning location can enjoy the gallery and meet the artist at work. Bridge House Studios also offers beautiful self catering accommodation where guests can immerse themselves in all East Clare has to offer.



Bridge House Studios Gallery, Carrowbaun, Killaloe, Co Clare

Year round. Contact for times or to make appointment

contact@bridgehousestudios.ie www.bridgehousestudios.ie /

www.facebook.com/Bridge-House-Studios

+353 (0)61 376268 / +353 (0)86 392 7531

## Lynn Kenny

Stylised images from nature, ofter featuring colourful, big eyed birds pop up in (artworks), prints and ecorated ceramics created by Lynn Kenny. A textile, an apron, a jug or teacup are all surfaces that she can decorate. She creates (her mixed nedia artworks) by layering paint, handmade paper, (fabric) and free machine stitching to portray the characters, structures and shapes she inds in nature. She sells her work



through her online shop and takes commissions. Lynn holds workshops in which she shows people how to use mixed media to create interesting surfaces on which to stitch

Shantraud Woods, Killaloe, Co Clare +353 (0)86 339 4724

### 28 Quay Arts

lynnkenny@gmail.com

www.lynnkenny.com

Ouav Arts is a dedicated creative space in Ballina Killaloe where artists and craft makers from the region are noted through our gallery, crafted gift shop and art activities. The allery hosts a number of exhibitions roughout the year. Quay Arts gift shop is the place to go for unique hand crafted gifts from a range of artists, including ceramics, woodcraft,



ewellery, glass and textiles. They provide an opportunity for all ages o explore and discover their creative talent through a range of classes, workshops and art activities. See website for details.

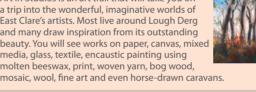


2 Ballina Quay, Ballina-Killaloe, Co Tipperary Tuesday-Saturday 12-5pm; Sunday 2-5pm

+353(0)87 2077431 info@quayarts.ie www.quayarts.ie

### **Lough Derg Art Trails**

**Art in Studios** Art in Studios is an art trail that will take you on a trip into the wonderful, imaginative worlds of East Clare's artists. Most live around Lough Derg and many draw inspiration from its outstanding beauty. You will see works on paper, canvas, mix media, glass, textile, encaustic painting using molten beeswax, print, woven yarn, bog wood,



Page 15 Clare shore of Lough Derg west to Ballinruan and Flagmount Many along R461/3 and R352

Times vary. Check website for details +353 (0)87 615 8466

artinstudiosclare@gmail.com

www.artinstudios.ie

croiarts@gmail.com

Croí Arts Croí is a collective of four artists who have come together to create contemporary fine artworks for interiors. Artists Nicola Henley, Vivienne Bogan, Jane Seymour and Kathryna Cuschieri have their individu artistic vision and expertise. However, Croí means 'heart' in Irish and the four artists can blend their creative powers in one artistic heartbeat to create ollective pieces or separate artworks that harmo within a space to make a unique creative statement. Their work is exhibited publicly and studio visits can be arranged.



www.croiarts.com / www.facebook.com/Croí-Arts

**East Clare Artists Trail and Lough** Derg Craft Trail

Art and craft workers create objects and artworks of great beauty that enrich our lives. You can meet and observe many of these creative workers in two trails that overlap and wend their way around studios dotted throughout the Lough Derg region. Art in Studios, the East Clare Artists Trail, invites visitors to the studios of many wonderful artists working near the western shore of Lough Derg. A pdf with details of the artists, their work and locations can be downloaded from www.discoverloughderg.ie/east-clare-art-trail www.artinstudios.ie. ou can introduce yourself to several other craft workers working on

at www.discoverloughderg.ie/lough-derg-craft-trail.

the Clare shore of Lough Derg through the Lough Derg Craft Trail,

which extends from Killaloe to Portumna and westward to Feakle.

Observe the skills of potters, weavers and textile artist as they practise

their trades. Details of craft workshops and their locations can be found







### **FOOD MARKETS**

Food and Farmers Markets are held in several locations around Lough Derg. Irish County Markets is a national co-operative founded in 1947. It has 56 affiliated markets and everything sold must be produced locally by its members. Produce carries the Country Markets label, which ensures traceability, Farmers Markets consist of individual stallholders. An Bord Bia (the Irish Food Board), operates a Code of Good Practice for Farmers

www.wildeirishchocolates.com GPS: 52.5352, -8.3245

A Taste of Lough Derg is an annual showcase of the great food produced in the Lough Derg region. It is held in many locations around Lough Derg from June-September. www.discoverloughderg.ie/atasteofloughderg/ www.facebook.com/ATasteofLoughDerg

## **Portumna Cottage Market**

Home baking, preserves, flowers, plants, crafts O Portumna Town Hall, Portumna, Co Galway

H Friday, 8.30am-12.30m

+353 (0)87 630 2011 iofarlynch@eircom.net

> 🜎 www.countrymarkets.ie / www.facebook.com/pages/Portumna-country-market

### **Nenagh Farmers Market**

Fresh local produce, eggs, organic beef and lamb, cured pork, fish, home baking, cheeses, preserves

Quintin's Way, Nenagh, Co Tipperary Saturday, 10am-2pm.

+353 (0)86 400 680 seymourorganic@gmail.com

www.facebook.com/pg/nenaghfarmersmarket

### Feile Brian Ború

The Killaloe Farmers Market combines with the Festival ❷ Ballina-Killaloe, Co Tipperary/Co Clare

End June-early July +353 (0)86 358 6293

email via website www.feilebrianboru.com

### North Tipperary Agricultural Show Food stalls as well as competitions and displays in horticulture,

Monday August Bank Holiday

fruit, flowers, eggs, preserves, baking Showgrounds, Nenagh, Co Tipperary

northtippshow@gmail.com www.northtippshow.com

### **FOOD MARKETS**

Week of International BBQ competition for An Fulacht Fia Cup,

♥ Flanagans on the Lake, Ballina, Co Tipperary

### via website

Killaloe Farmers Market

Sunday, 11am-3pm

+353 (0)87 988 6649 mjdjackson@gmail.com /

www.discoverkillaloe.ie/attractions-farmers-market.php

### **Mountshannon Market**

including vegetables, plants, baked goods, jewellery and crafts The Snug coffee/tapas bar, Main St, Mountshannon, Co Clare

Saturday, 11am-3pm

imvbenham@yahoo.ie www.facebook.com/mountshannon.market

**Smallholders Market** Locally produced organic vegetables, baked goods, preserves,

items; garden café, music

+353 (0)61 921 536 astclarecoop@gmail.com

Fair includes food and craft stalls Mountshannon, Co Clare

End May-early July

mountshannonfestival@gmail.com

Friday, 12pm-4pm

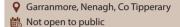
www.eastclarecoop.com

+353 (0)85 283 4773

family make Lough Derg Farmhouse Cheese, a raw-milk cheddar that was a winner at the







McKernan Woollen Mills

Upon arriving in Tuamgraney the first thing you

will notice is the distinctive clatter and whir of

the 19th Century looms coming from McKernan

Woollen Mills. Producing scarves in every colour

creations are sold in high end stores all over the

world. Call in for a free tour and you will have the

chance to experience how both the woven and

knitted scarves are made. You will also have the

opportunity to purchase a scarf for yourself or as

+353 (0)61 921527 / +353 (0)87 905 1979

info@scarves.ie 😚 www.scarves.ie

(23) Derg Farmhouse Cheese

Using cheese from their herd of Friesian and

Jersey cows, Paddy and Kay Cooney and their

gift for your friends and family.

style and texture, Eugene and Anke McKernan's

www.dergfarmhousecheese.ie 24 Art and Healing Centre Years of interest in unblocking creativity and

+353 (0)86 243 1615 info@dergfarmhousecheese.ie



in summertime or use an indoor studio. Marie also teaches weekend workshops in 'Dancing the Rainbow', using freestyle dance, movement, colour and aromatherapy oils as a healing system

Year round. Check in advance for dates and times (a) +353 (0)504 52895 / +353 (0)86 241 8814

Whitebarns, Ballinaclough, Nenagh, Co Tipperary

marie@artandhealingcentre.ie

Ring of Lough Derg An Fulacht Fia BBQ Festival

plus culinary events, garden parties

**End August** +353 (0)61 622 790

www.theringofloughderg.ie/events

Organic produce, fish, artisan meat, cheese, preserves, plants,

breads, sweets, baked goods, oils, arts and crafts Between the Waters, Killaloe, Co Clare

kerkhofs\_daniel@hotmail.com

Seasonal food and cottage industries produced by local residents

+353 (0)87 125 2738 (Jim Benham)

gluten-free food, gift

**♀** East Clare Community Co-operative, Main St, Scariff, Co Clare

Mountshannon Festival of Arts Green Fair Day

www.mountshannonarts.net

💡 Tuamgraney, Co Clare 🛗 Monday-Saturday, 10am-6pm