

Further afield....

Irish Museum of Country Life, Turlough Park, Castlebar (T 094 9031773) is the first Irish National Museum to open outside Dublin, and offers a wealth of information and displays about Irish history and rural living. Apart from the award-winning museum, they run workshops, tours and occasional market days. Closed on Bank Holidays.

Foxford Woollen Mills Visitors Centre, Foxford, Co. Mayo. T: 094 925 6756. Take a one hour self-guided tour of the woollen mills (available in French, German, Italian and Spanish as well as English and Irish) have a meal in the restaurant which offers fresh home-made fare, or have a stroll around the mill shop, jewellery workshop and art gallery.

The Fr. Peyton Centre, Attymass, Ballina. Tel 096 45374

The Centre commemorates the life and apostolic work of Fr Peyton CSC, one of Ireland's most famous priests, internationally known as the 'Rosary Priest'. Open since 1998, the centre offers a place of respite, prayer and peace. It is highly respected by pilgrims and is a popular tourist attraction.

Hennigan's Heritage Centre, Killasser, Swinford T. 094 925 2505 offers an insight into rural history, by preserving and showcasing the history of life in the Mayo area- farming, home, working and celebrations. Guided tours available. Tea shop and picnic area available.

Belcarra Eviction Cottage, Elmhall, Belcarra Tel: 087 9090046

A 19th century eviction cottage at Elmhall, once the home of the Walshe family, who were evicted by the landlord's agents, has been restored and refurnished as a Heritage Centre, by Belcarra Community Co-Op. Open June to September.

Michael Davitt Museum, Straide, Foxford. Tel 094 903 1022

Famous Irish activist and social reformer, Davitt is known for his involvement in the Land League, and his ideas of moral force and passive resistance helped bring about the end of the Landlord system. Visit his birthplace which now holds a museum, grave and statue in his honour. Open 10am to 6pm all year round.

Ballintubber Abbey, Ballintubber Tel 094 903 0934

When St Patrick brought Christianity to Ireland in c.441AD, he founded a church at Ballintubber. The present Abbey was founded in 1216 by King Cathal O'Conor. It is the only church in Ireland still in daily use that was founded by an Irish king. Open 9am to midnight, with guided tours from 10am.

Other options...

Ballina Cineplex T. 0818 221 122 for programme times

Ballina Swimming Pool, Cathedral Road, Ballina T. 096 70506

Tumble Jungle, Bunree Road, Ballina. T. 096 76637 Kid's indoor play area

Waterpoint, Enniscrone, Co. Sligo Tel 096 36999 indoor water park/ health suite

Kilcullen's Seaweed Baths, Enniscrone, Co. Sligo. Tel 096 36238