

## 6 New Nature on Your Doorstep Activity Sheets for People of All Ages

Under current circumstances it is very easy to choose to stay indoors and forget about exploring what wintertime has to offer outside. This initiative is brought to you by Carlow Sports Partnership in collaboration with Carlow County Council, Carlow Mental Health Association, Healthy Carlow, and Carlow Tourism.

Together we worked with local outdoor and nature experts including: Bare Necessities, Pádraig Webb and Wildways Adventures to create a new series of Nature on Your Doorstep activity sheets. There is plenty to discover either within your own garden or near your home.

We encourage you to get creative and engage your imagination while connecting with the green and blue spaces in your own area. There are 4 activity sheets included here and you can download all 6 activity sheets from our website: [www.carlowsports.ie](http://www.carlowsports.ie)

You can use the activity sheets also to encourage family and friends to go outdoors and please do share your discoveries with us on facebook, Instagram and twitter or send to [carlowsportspartnership@carlowcoco.ie](mailto:carlowsportspartnership@carlowcoco.ie)

*Siolta*



## Walking Tour of Carlow Town by Carlow Tourism

You can enjoy a leisurely audio walking tour that takes 1hr 30mins and has 25 points of interest along the way.

Start by downloading the app Tours Carlow from the Play Store on your smartphone: <https://bit.ly/3aAwZp5>

You can click on the many tours of Carlow Town and county this app has to offer.

Today we are promoting the urban walk for those living in Carlow Town.

This app was developed jointly by Carlow County Council and Carlow Tourism and now is the perfect time to stay local and explore what is on your doorstep.

To view maps of County Carlow visit:  
<https://carlowtourism.com/maps/>

### An insight to your town

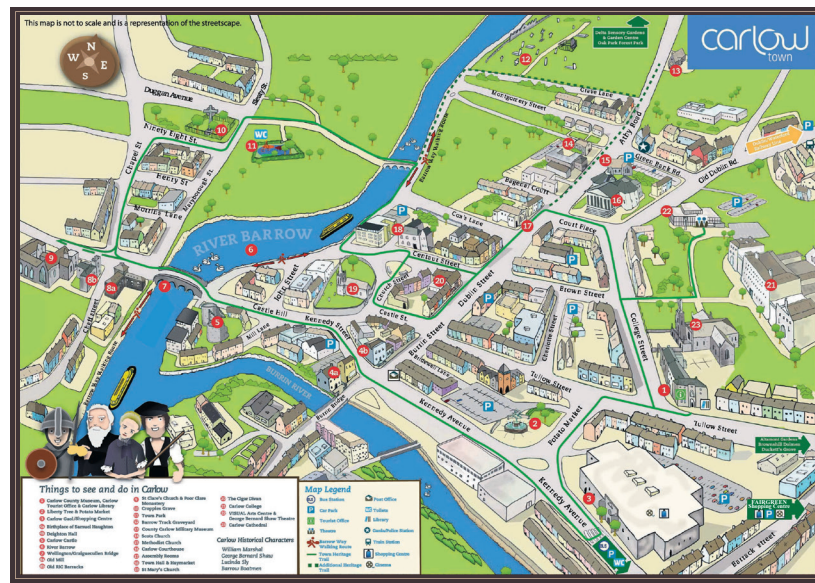
In Carlow town the walker is presented with a rich tapestry of history dating back to a millennium and beyond, many associated famous names and an architectural heritage telling the story of the town's evolution since the Normans first came here in the twelfth century. With a population of over 20,000, Carlow is the County town and gateway to the South-East standing at the confluence of the Barrow and Burrin rivers.

Tradition has it that the junction of the two rivers once covered such a large area of ground that a lake was formed, or, as some believe four lakes, hence the name Ceatharlach or City of Four Lakes.

As a strategic river crossing, the town was the scene of a number of important battles and the Anglo Normans signalled its importance by building the great Carlow Castle in the 13th century.

Famous names associated with Carlow include George Bernard Shaw, the dramatist and critic whose mother Lucinda Elizabeth Gurley was born in Carlow.

The famous impressionist artist Frank O'Meara was born at 37 Dublin Street on March 30th, 1853, sharing that birth date with Vincent Van Gogh.



**1 Deighnon Hall**  
This building was the County Courthouse and seat of the Geraldine family until the early 1830s. In 1909 local businessman Joseph C. Deighnon presented this building to St. Mary's Parish for use as a Parish Hall. The previous building was located in the basement with direct access to the courtroom and Lucinda Sly was used here for the murder of her husband.

**2 The Potato Market and Liberty Tree**  
Carlow was a market town around which grew developed reflecting the goods traded there, like the Potato Market, Coal Market, Butter Market and Haymarket. The Potato Market was the scene of a massacre of over 600 rebels and militia following an unsuccessful attack on the town by the United Irishmen, known as the Battle of Carlow during the 1798 Rebellion. The Liberty Tree sculpture designed by John Delaney commemorates the 1798 Rebellion and was unveiled in 1998 to commemorate the bicentenary.

**3 Carlow Castle**  
This was the town's goal for much of the 19th century. It was home for most of the 20th century to the Engineering Works and is now Carlow Shopping Centre. The main gate of the Castle and local granite to give an impression of great strength and solidity. Immediately inside the main entrance is the substantial Governor's House, a three bay, three-storey building. The last woman to be publicly hanged in the Castle was Lucinda Sly who along with her servant had murdered her husband in 1835.

**4 Birthplace of Samuel Huggins**  
Born in Carlow December 1821, Rev. Samuel Huggins, Trinity College, was an Irish academic who received 'Honorary Doctor' in 1886 Samuel developed a more humane method for execution by hanging, whereby the neck was broken at the time of the drop, so that the condemned person did not slowly struggle to death. His birthplace is marked by a plaque. The building is now in private ownership.

**5 Carlow Cathedral**  
This is the cathedral for the Catholic Diocese of Kildare and Leighlin. In March 1829 the foundation stone was laid by the Diocese's more famous bishop, James Doyle, known as J.K.L. James of Kildare and Leighlin. The architect was Thomas Colcland and it is regarded as his most outstanding church building. It was among the first Catholic cathedrals consecrated following the granting of Catholic Emancipation in 1829 and its construction cost £9,000 at the time.

**6 The River Barrow**  
The River Barrow is Ireland's second longest river flowing for 192km from the Slieve Donard mountains in the east. For centuries the river was used by the large mills along its banks. The Barrow is a European Protected Area, which is also a Special Protection Area. The Barrow stretches some 14km in popular for cycling, walking and nature spotting.

**7 Wellington Grange**  
The Old Grange dates from 1667 and was the main burial ground for the town until St. Mary's Cemetery Old Dublin Road, opened in 1853. There are a variety of headstones, obelisks, metal crosses, memorials and some War Memorial headstones.

**8 The Old Mill**  
The Old Mill, such as this one, were destined alongside the canal lock and were on the River Barrow in Carlow.

**9 St. Clare's Church and Poor House**  
Originally built as St. Anne's Church in 1852 and located on the Ashby Road, it fell into disrepair and was sold by the Church of Ireland in 1927 to the Catholic Parish of Grangequillan. They moved it stone by stone across the River Barrow and rebuilt it on today's site. Unfortunately funds ran out before completion so the church lacks a spire. The Poor Clare Sisters are an order of nuns who are devoted to a life of prayer and have lived in the monastery since 1993. [www.poorclaresisters.ie](http://www.poorclaresisters.ie)

**10 The Croppier Grave**  
Following the bloodbath in the Potato Market in May 1798, the bodies of the dead were buried in a mass grave. The crypt was the name given to the United Irishmen's attempt to bury the bodies of their fallen comrades. This site is commemorated with a replica high cross which stands as a testimony to those who died to further the cause of Irish freedom from a harsh regime.

**11 Town Park**  
This 22-acre park on the banks of the River Barrow features a safe and secure children's playground and many points of public art.

**12 Barrow Track Graveyard**  
The Old Grange dates from 1667 and was the main burial ground for the town until St. Mary's Cemetery Old Dublin Road, opened in 1853. There are a variety of headstones, obelisks, metal crosses, memorials and some War Memorial headstones.

**13 County Carlow Military Museum**  
The Old Church in the grounds of St. Dunlop's Hospital, houses the Military Museum. The museum displays artefacts from the Irish Civil War and the history of the Irish Army, Local Reserve Defence Forces, UN Peacekeeping, Carlow Militia, War of Independence and much more.

**14 St. Mary's Church**  
St. Mary's Church is located in an area of long-standing religious settlement, dating all the way back to the 6th century. The main body of the church dates to 1772 but the tower and spire reaching 195 feet was designed by Thomas A. Cobden, and added in 1834. The interior retains its original galleries and contains several interesting monuments, including one by neo-classical architect Sir Richard Morrison.

**15 The Cigar Oven**  
The Cigar Oven is the oldest of only one cigar ovens in Ireland, with a Victorian shop-top design featuring elaborate iron panels below the windows.

**16 Carlow College, St. Patrick's**  
Carlow's oldest and largest Catholic educational institution, first opened in 1795, since the period in which extended Catholic education was restricted. The college educated under the patronage and protection of the Crown and during 1791-2001 over 3,500 students. The college of St. Patrick's, the Sacred Heart was created to mark the centenary of the college's first foundation as the Carlow College, Carlow, which was founded by the Rev. Fr. John O'Leary and Fr. Frank O'Meara, the two founders of the Carlow College. The 1990s saw the College return to its original role of educating the lay population. Carlow College St. Patrick's is home and is a member of the Carlow Art Collection, a permanent public collection of art. [www.carlowcollege.ie](http://www.carlowcollege.ie)

**17 VISUAL**  
Situated in the grounds of Carlow College, St. Patrick's, VISUAL presents the best of local, national and international work in the visual and performing arts. It is a dynamic, multi-disciplinary arts facility featuring four principal exhibition spaces with the main gallery, a multi-media theatre, a cinema, a rehearsal space and a recording studio. The theatre is named after the most outstanding church building, it was among the first Catholic cathedrals consecrated following the granting of Catholic Emancipation in 1829 and its construction cost £9,000 at the time. For over a century, Carlow, after Dublin and Limerick, was the third town of the Irish Republic to have electricity.

Stay in your local area.  
Stay Safe and in your family bubble.  
Go explore while adhering to government restrictions.

