

A dramatic landscape photograph of the Cliffs of Moher in Ireland. The image shows a high, dark, layered cliff face extending into the sea. The sky is overcast with grey clouds. The foreground shows the dark, turbulent ocean with white foam from the waves crashing against the base of the cliffs. The overall tone is moody and atmospheric. The text is overlaid on this image.

# GUIDEBOOK TO *Ireland*

**Stephanie Leas**



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# IRELAND FACTS

Celtic tribes arrived on the island between 600 and 150 B.C., followed by Norsemen in the late 8th century. Anglo-Norman invasions began in the 12th century. The modern Irish state broke from the UK in 1921. Ireland has a total area of 70,273 sq km. The climate is a temperate maritime that is modified by North Atlantic Current. Ireland has mild winters and cool summers. It has consistently humid conditions and is overcast about half the time. The population is 5,275,004 (2022 est.) people. Ireland has multiple languages. English (official, the language generally used), Irish (Gaelic or Gaeilge) (official, spoken by approximately 39.8% of the population as of 2016; mainly spoken in areas along Ireland's western coast known as Gaeltachta, which are officially recognized regions where Irish is the predominant language). Religion is composed of Roman Catholic 78.3%, Church of Ireland 2.7%, other Christian 1.6%, Orthodox 1.3%, Muslim 1.3%, other 2.4%, none 9.8%, unspecified 2.6% (2016 est.). Ireland's government type is a parliamentary republic. The capital of Ireland is Dublin.



# DAILY ITINERARY

## DAY 1 - THURSDAY

In the morning	Fly into Dublin and take bus to Waterford
Lunch	Self-cater
In the afternoon	Check-in to accommodations and self-guided walk around the Viking Triangle
Dinner	Self-cater
In the evening	Free time to settle in



## WATERFORD, IRELAND

Waterford is a seaport city located in Southeast Ireland. Waterford is also one of Ireland's oldest cities as it was founded in 914 AD by Vikings from Norway. In 1170 the city was captured by Anglo-Normans and eventually became a Royal City. Since that time Waterford has become a charming city that has been able to maintain its heritage while also embracing modern life. There is plenty to experience in Waterford and the surrounding area, in fact, because of Waterford's history Visit Waterford has said "experience 1000 years of history in 1000 steps!"



## VIKING TRIANGLE

The Viking Triangle is the "old town" of Waterford. This area is near to the main city's shopping area. Within this area you can find the House of Waterford Crystal, the Medieval Museum, Bishop's Palace, Reginald's Tower, in addition to other local businesses. People have even said that when you are there you will feel that you are back in time with the Vikings.

## REGINALD'S TOWER

Reginald's Tower is over a thousand years old. It was design to protect the Quays of Waterford in the 12th century. The second phase of expansion occurred in the 15th century. Its primary purpose was defense of the city but also was used as a mint, prison, and military storage. It currently houses an exhibition.



## DAY 2 - FRIDAY

Breakfast	8-8:45AM - SETU
In the morning	9am - Irish History Lecture 11am - Jack Burthall tour
Lunch	Self-cater
In the afternoon	2pm - Waterford Crystal tour 3:30pm - Medieval Museum tour
Dinner	Self-cater
In the evening	Free time

## MEDIEVAL MUSEUM

The Medieval Museum is Ireland's only purpose-built medieval museum. It has two chambers. The first is a 13th-century Chorister's Hall and the second is the 15th-century Mayor's Wine Vault. The museum houses the "Heavens' Embroidered Cloths, Waterford's cloth of gold 15th-century vestments.

## WATERFORD CRYSTAL

Waterford Crystal is known around the world for elegant and complex luxurious crystal. The Waterford Crystal Visitor center is where you experience the techniques and tools used by highly skilled craftspeople that turn ideas and imagination into fine crystal. For over 235 years crystal-making history is seen as master blowers, master cutters and master engravers create unique crystal creations. A 12,000-square feet Retail Store gives you an opportunity to choose your own crystal piece to remember your experience.



# DAY 3 - SATURDAY

Breakfast	Self-cater
In the morning	Blarney Castle tour
Lunch	Self-cater
In the afternoon	TBD
Dinner	Self-cater
In the evening	Free time



## BLARNEY CASTLE

Situated 8km (5 miles) from Cork City, this historic castle is most famous for its stone, which has the traditional power of conferring eloquence on all who kiss it. The word Blarney was introduced into the English language by Queen Elizabeth I and is described as pleasant talk, intended to deceive without offending. The stone is set in the wall below the battlements, and to kiss it one must lean backwards (grasping an iron railing) from the parapet walk. Some say it was Jacob's Pillow, brought to Ireland by the prophet Jeremiah. Here it became the Lia Fail or 'Fatal Stone,' used as an oracular throne of Irish kings – a kind of Harry Potter-like 'sorting hat' for kings. It was also said to be the deathbed pillow of St Columba on the island of Iona. Legend says it was then removed to mainland Scotland, where it served as the prophetic power of royal succession, the Stone of Destiny. When Cormac MacCarthy, King of Munster, sent five thousand men to support Robert the Bruce in his defeat of the English at Bannockburn in 1314, a portion of the historic Stone was given by the Scots in gratitude – and returned to Ireland. Others say it may be a stone brought back to Ireland from the Crusades – the 'Stone of Ezel' behind which David hid on Jonathan's advice when he fled from his enemy, Saul. A few claims it was the stone that gushed water when struck by Moses. Whatever the truth of its origin, we believe a witch saved from drowning revealed its power to the MacCarthys.





## DAY 4 - SUNDAY

Breakfast	Self-cater
In the morning	Free time
Lunch	Self-cater
In the afternoon	Free time
Dinner	Self-cater
In the evening	Free time

## COPPER COAST

The Copper Coast Geopark is a designated area comprising a stretch of the southern coast of Ireland in County Waterford, extending for some 25 km (15 miles) of coastline from Kilfarrasy in the east to Stradbally in the west. It was the first geopark to be designated in the country. When the sun shines in Ireland, there really is no better place to be than along the Copper Coast. Because the country is way down the list of sun destinations, Irish coastlines are well preserved and underdeveloped. Once you venture a few miles beyond the well-known beaches, it is easy to find quieter coves where you can swim alone or share the sand with just a handful of families. The Copper Coast, a stretch of coastline that starts about 20 minutes from Waterford City and is named for the copper that was once mined from the local rock (and still visible in the dramatic cliffs that provide welcome shelter along the beaches and coves here). The farther along this coast you go, the quieter it gets. While this tranquility is something most welcome, say goodbye to facilities. Going off the grid means leaving shops behind.



# ARDMORE, IRELAND

Ardmore is a seaside village in County Waterford. It is part of Ireland's Ancient East Trail. Ardmore's name comes from the Irish Aird Mhór, meaning "Great Height." Another translation of Ardmore is High Sheep Island. It is believed to be the oldest Christian settlement in Ireland. According to tradition, Saint Declan lived in the region in the early fifth century and Christianized the area before the coming of Saint Patrick. On a hill above the village is a well-preserved 30-m-high, 12th-century round tower and the ruins of a cathedral dating from the 12th and 13th centuries with an adjacent eighth-century oratory. One of the outer walls of the cathedral features some stone carvings retrieved from an earlier ninth-century building. The carvings include an early image of a harp, images of Adam and Eve in the garden and a representation of "Solomon's Judgment". The cathedral also contains two Ogham stones, which rest in small alcoves. Some elements of the original structure can still be seen within the building. The present Church of Ireland church is close to this complex.

## GOAT ISLAND

Goat Island is a beach located five kilometers (3.1 mi) west of Ardmore, County Waterford, Ireland, in the townland of Ardoginna. The beach is secluded and difficult to find. The inlet where it is located faces south and is sheltered by a sea stack. This little inlet is one that is a popular local attraction, with many locals swimming here each morning right throughout the winter months. If you are a lover of walking, Goat's Island is situated in the perfect location for a daytime stroll.



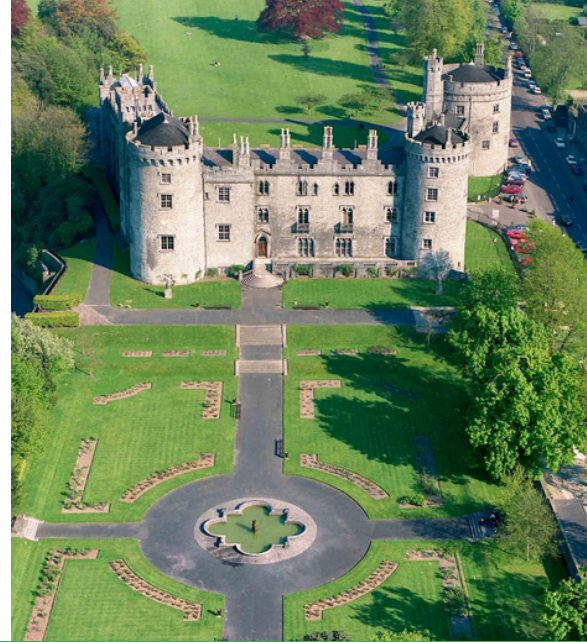
## DAY 4 - MONDAY

Breakfast	8-8:45AM - SETU
In the morning	Ardmore (Round tour) and famine graveyards
Lunch	Packed Lunch
In the afternoon	Goat Island and Copper Coast
Dinner	Self-cater
In the evening	Free time



# KILKENNY, IRELAND

Kilkenny in Irish is Cill Chainnigh which translates as Church of Canniech. The town has more than 26,000 population. The environs include historic buildings such as Kilkenny Castle, St Canice's Cathedral, and round tower, Rothe House, Shee Alms House, Black Abbey, St. Mary's Cathedral, Kilkenny Town Hall, St. Francis Abbey, Grace's Castle, and St. John's Priory. Founded in the sixth century as an ecclesiastical foundation with the Kingdom of Ossory. Kilkenny was a brewing center from the late 17th century, and still houses a number of breweries.



## DAY 5 - TUESDAY

Breakfast	8-8:45AM - SETU
In the morning	Rock of Cashel
Lunch	Packed Lunch
In the afternoon	Kilkenny City - Guided Tour
Dinner	Self-cater
In the evening	Free time

## KILKENNY CASTLE

The Kilkenny Castle is one of the longest continuously occupied buildings in Ireland. This is a grand country home with fifty acres of rolling parkland. This includes a formal terraced rose garden, woodlands, and a man-made lake. The eight hundred years of history is the story of the Marshal and Butler families' rise and decline. Here you will learn about some of the formidable characters who once lived at Kilkenny Castle.

## ROCK OF CASHEL

The Rock of Cashel is set on a dramatic outcrop of limestone in the Golden Vale. This site includes some of the most impressive clusters of medieval buildings in Ireland. Some of these buildings include the round tower, a high cross and a Romanesque chapel. Originally this was the seat of the kings of Munster. The legend that Saint Patrick came here to convert King Aenghus to Christianity. Rock of Cashel is one of the most spectacular and most visited sites in Ireland.



## GAELIC GAMES

The Gaelic Games is a term to describe a range of Irish sports and pastimes. These sports are unique to Ireland and are deeply embedded in Irish culture. Played throughout Ireland by all ages and at every level. The games occupy a special place in Irish culture and engender deep passions while defining local communities' identities. Get ready to see football differently than most of the world's versions. Another sport is the warrior sport of hurling. It is a cross between field hockey and lacrosse. The Irish version of handball is like squash or racquetball but without the racquet.

## DÉISE GREENWAY

The Déise Greenway is a forty-five-kilometer (28 miles) cycle route open in 2017. It has viaducts, tunnels, cliff tops, mountain views, river estuaries and lush pastures to keep you company while you ride on the old railroad track bed. The greenway was created by a group of residents in the County of Waterford that saw the paramount importance to preserve and help develop this greenway for the present and future generations as a community amenity for the people of Waterford and tourists.



## DAY 6 - WEDNESDAY

Breakfast	8-8:45AM - SETU
In the morning	Introduction in to Gaelic Games
Lunch	Canteen
In the afternoon	Waterford Greenway
Dinner	Self-cater
In the evening	Free time

# DAY 7 - THURSDAY

Breakfast	8-8:45AM - SETU
In the morning	Introduction to Irish food
Lunch	11:30AM - SETU
In the afternoon	Free time in the City
Dinner	Self-cater
In the evening	Free time



## SOUTH EAST TECHNOLOGICAL UNIVERSITY

On May 1st, 2022, Waterford Institute of Technology merged with the Institute of Technology Carlow to become the South East Technological University (SETU). South East Technological University is a diverse international community for globally-minded scholars and innovators. South East Technological University aims to be a beacon for knowledge, partnerships, and ideas in the southeast of Ireland. The university's research performance already shines in Ireland and internationally and provides a strong platform for future development. SETU brings together over 550 research active staff, nine research centers, one research institute and four Technology Gateways across Waterford and Carlow, expanding the range and quality of research to meet the needs of the southeast. Over the five years from 2016 to 2020 alone, researchers from SETU have successfully attracted over €95m (107 million USD) in research funding from a variety of European and national funding agencies, state bodies and industrial partners.

## TRAMORE, IRELAND

Tramore humble beginnings was as a small fishing village. With the arrival of the railway from Waterford in 1853 the town became a tourist destination spot. It is located thirteen mile south of Waterford. Tramore is now a popular destination for surfing and other water sports due the large, sheltered bay. The town has long been associated with Irish tourists and offered a traditional seaside experience of ice cream, fairground, and sand. The beachfront features a long promenade and an amusement park. It is a popular resort for tourists in the summer and has 5 km (3 mi) of beach and sand dunes looking out onto the Atlantic Ocean. There is a lot of accommodation for tourists, including hotels, apartments, homes, and caravan (camping) sites.

# DUBLIN, IRELAND

Dublin is the capital and largest city in Ireland. It is on the bay on the east coast, at the mouth of the River Liffey. It is the province of Leinster and the Eastern and Midland Region. The urban area has a population over 1,700,000. It is currently under archaeological debate when Dublin was founded. Some say that it was founded in the seventh century by the Gaels. Others expressed the start as a Viking settlement. In the 12 century it became Ireland's principal settlement after the Anglo-Norman invasion of Ireland. Following independence in 1922, Dublin became the capital of the Irish Free State, later renamed Ireland in 1937. Dublin is a contemporary and historical center for Irish education, arts and culture, administration, and industry. As of 2018 the city was listed by the Globalization and World Cities Research Network (GaWC) as a global city, with a ranking of "Alpha minus", which places it as one of the top thirty cities in the world.

## DAY 8 - FRIDAY

Breakfast	Self-cater
In the morning	Dublin self led tour (Leave at 7:30am)
Lunch	Self-cater
In the afternoon	Dublin Free time (Leave Dublin 4pm)
Dinner	Self-cater
In the evening	Free time



## DAY 9 - SATURDAY

Breakfast	Self-cater
In the morning	Free time
Lunch	Self-cater
In the afternoon	Free time
Dinner	Self-cater
In the evening	Free time

# DAY 10 - SUNDAY

Breakfast	Self-cater
In the morning	Free time
Lunch	Self-cater
In the afternoon	Free time
Dinner	Self-cater
In the evening	Free time



## CROKE PARK

Croke Park is a Gaelic games stadium in Dublin, Ireland. Named after Archbishop Thomas Croke, it is referred to as Croke by GAA fans and locals. It serves as both the principal national stadium of Ireland and headquarters of the Gaelic Athletic Association (GAA). In 1913, Croke Park had only two stands on what is now known as the Hogan stand side and grassy banks all round. In 1917, a grassy hill was constructed on the railway end of Croke Park to afford patrons a better view of the pitch. On 21 November 1920, during the Irish War of Independence, Croke Park was the scene of a massacre perpetrated by the Auxiliary Division of the Royal Irish Constabulary (RIC). In 1924, American rodeo promoter, Tex Austin, staged the Dublin Rodeo, Ireland's first professional rodeo at Croke Park Stadium. In 1984 the organization decided to investigate ways to increase the capacity of the old stadium. The design for an 80,000-capacity stadium was completed in 1991. On 2 May 2009, Croke Park was the venue for a Heineken Cup rugby semi-final, in which Leinster defeated Munster 25–6. The attendance of 82,208 set a new world record attendance for a club rugby union game. This record stood until 31 March 2012.



# CURRAGHMORE ESTATE

Curraghmore Estate is the largest private demesne in Ireland and is made up of around 2,500 acres of formal gardens, woodlands, and pasture. The De La Poer Beresford family has lived at Curraghmore for over 850 years. Very few other families in Irish history have maintained such a legacy. Situated near Portlaw, County Waterford, Ireland, Curraghmore is the seat of the Marquess of Waterford. The estate was part of the grant of land made to Sir Roger le Puher by Henry II in 1167 after the Anglo-Norman invasion of Wales.



# COMERAGH MOUNTAINS

The Comeragh Mountains are a mountain range in County Waterford, Ireland, extending from the River Suir valley near Clonmel to the coastal lowland north of Stradbally. Their directional trend is northwest-southeast, and their peaks rise to elevations above 2,000 feet (600 m), with the highest point being 2,597 feet (792 m). The uplands have been heavily glaciated, resulting in a series of impressive steep-walled corries (ice-scooped basins) including Coumshingaun, a corrie with craggy sides 1,000 feet (305 m) high around a lake. The mountains are of sandstone and in effect form a single range with the neighboring Monavullagh Mountains to the south.

# JACK MEADES

No visit to Waterford is complete if you have not been to Jack Meades. Standing on five acres, it has been in the present family since 1857 and has been developed over the years to a fine standard with a beer garden and facilities which are unique. Jack Meades is not just a bar serving food & drink - it is an extensive complex with various facets. The old-world bar dates to 1705, the lime kilns and icehouse were built 1860, the grounds have been tastefully developed and are home to ducks, ponies, donkeys & goats. The large new bar was built in 2005 and boasts an extensive beer garden with children's play area.



## DAY 11 - MONDAY

Breakfast	8-8:45AM - SETU
In the morning	Curraghmore Estate
Lunch	Packed Lunch
In the afternoon	Comeragh Mountains
Dinner	Jack Meades for food

# DAY 12 - TUESDAY

Breakfast	8-8:45AM - SETU
In the morning	Free time
Lunch	Self-cater
In the afternoon	Free time
Dinner	Self-cater
In the evening	Free time



## CORK CITY, IRELAND

This breezy, cosmopolitan spot in Ireland's southwest inspires a devotion in its locals that few other places can rival. And it is easy to see why. Sitting proudly on an island in the middle of the River Lee, Cork's feelgood buzz surges through its hip coffee shops, vibrant art galleries, off-beat museums, and seriously good pubs. Despite being a city, there is a decidedly towny feel here – life is laidback, nothing is too much hassle. Pleasantly compact, friendly and with a wry sense of humor, Cork does things its own way, which makes a break here feel unique. Enjoy a gig in a beautiful, converted church, explore an eerie 19th century gaol, and go on a whirlwind tour of traditional tastes at the food mecca of the English Market.



# DAY 13 - WEDNESDAY

Breakfast	Self-cater
In the morning	Travel to Dublin Airport
Lunch	Self-cater
Dinner	Self-cater



# CITY AS TEXT

**Ireland July 6 – Jul 20, 2022**

**Theme:** Media and Communication Approach and the Irish Realities

**Location:** Ireland Metropolitan, Historic sites, and Rural Areas

**Planning:** The group experience of a new culture and the review of historical events will be observed and discussed to see how culture is changed by the environment, the passage of time, and the global influence. The areas for observational review are Waterford's historical past and the influence of current global events. This is to be compared to the same experience while in Dublin, a much more metropolitan global city. The final area for review is the Cooper Coast for comparison of the geopark that has experienced less development.

**Data Collection:** The groups will use various basic strategies that include mapping, observation, listening and reflection. Mapping is the physical relationship of physical structures such as buildings, roads, points of interest and center of activities. This is an exercise in mapping, topography, and demographics.

**Observation:** The groups will take time to observe their surroundings to see the expected but also to see the unexpected. This can include the variation of architecture, landscaping, social interactions, clothing, signage, and advertising.

**Listening:** The group needs to take time to interact with people. This includes locals and well as other visitors to get their insights on what is happening in their lives as to what are their needs, what do they enjoy, what bothers them and what they have found interesting. This can include local and global politics or what are their recommended spots for entertainment. The intent is to collect enough information on what it would take to flourish in the area of interest.

**Reflecting:** The group needs to take time to records their observations and thoughts on what they have experienced and the learnings that they have gathered. The groups need to determine the understanding is how do all the parts work together to create the social environment that was observed. Do not assume you know the answers without doing fundamental research. Like all good researchers, make sure you are conscious of your own biases and that you investigate them as thoroughly as you investigate the culture you are studying.



# ADDITIONAL PLACES TO CHECK OUT

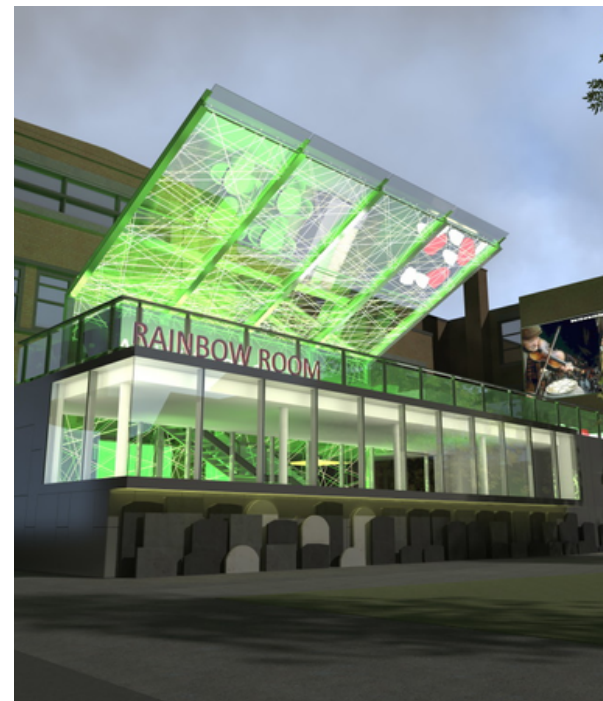


## WINDMILL LANE RECORDING STUDIOS

Windmill Lane Recording Studios was created as a world-class recording studio in Ireland, by recording engineer and producer Brian Masterson. The doors were opened by Windmill Lane Recording Studios in Dublin in 1978. In 1988 the Studios relocated to its current home on Ringsend Road. That building houses three different-sized recording studios. In 2005 Van Morrison purchased the studios for his own personal use and in 2009 Pulse College became the new owners and reopened the studios for commercial use. Artists such as Lady Gaga, Hozier, Elle Goulding, and Ed Sheeran have all recorded here in recent years.

## THE NATIONAL LEPRECHAUN MUSEUM

The National Leprechaun Museum is where folklore becomes fun. Your experience will take you on a trip to the Otherworld, home of leprechauns and other mythical creatures. During the day you can enjoy a guided Storytelling experience. While at night you can visit the Darkland where twisted tales from the darker side of Ireland are told. A museum that cashes in on its infamous little people while teaching you a thing or two about the Irish fey. This one-of-a-kind museum features exhibits on all kinds of folklore and mythology, bringing to life the long history of the faeries and other Irish legends.





## POWERSCOURT ESTATE

Powerscourt Estate, located in Enniskerry, County Wicklow, Ireland, is a large country estate which is noted for its house and landscaped gardens, today occupying nineteen hectares (47 acres). The house, originally a 13th-century castle, was extensively altered during the 18th century by German architect Richard Cassels, starting in 1731 and finishing in 1741. Set in a glorious valley cradled by Djouce Mountain and the Great Sugar Loaf, Powerscourt Waterfall is the very epitome of wild, natural beauty. Located about 6km away from the main estate, the waterfall is the highest in Ireland at 121m (417 feet) and has drawn visitors since the late 18th century.

## BELVEDERE HOUSE AND ESTATE

Belvedere House and Estate, located in Ireland's Ancient East, shows beauty, intrigue, and passion that combine for an engaging Visitor Experience and an outstanding day out with a difference, with many layers of life and history in the big house. Belvedere House, Gardens & Park is a 160-acre Lakeside Estate with a fully restored Georgian Villa erected in 1740 by the famed Architect Richard Castles. The estate is home to a remarkable Victorian Walled Garden, which has one of Ireland's greatest collections of rare and unusual plants. The largest in Ireland, "The Jealous Wall," is part of the naturalistic built 18th century landscape interspersed with Romantic Follies.



## MUNSTER VALES

Munster Vales is where you can hike to the five highest points of the Munster Vales to experience unrivalled vistas - lush valleys, surging rivers, cascading waterfalls, rugged coastline - a millennia-old landscape, the origin of Ireland's great legends and folklore. This is authentic Irish country life, charming villages and vibrant market towns, restaurants, shops, bars and cafés, wonderful accommodations where the breakfast is as hearty as the welcome. Experience legendary Irish evenings packed full of story and song.

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