

Things to see in Cavan

Cavan County Museum
 Located in a superb nineteenth Century building at Virginia
 Road, Ballyjamesduff, the Museum houses the material culture of Cavan and
 surrounding districts. Exhibition galleries feature unique Stone Age,
 Bronze Age, Iron Age and Medieval artefacts. Interesting displays
 include the pre-Christian Killycluggin Stone and Corleck Head, the 1,000 year
 old Lough Errol Canoe, eighteenth Century Cavan Mace and Lavey Sheela na Gigs.
 The GAA Gallery was recently opened and has attracted a wealth of Sports Enthusiasts.

Lifeforce Mill
 Located at Millrock, Cavan, a beautifully restored, fully working
 flourmill powered by Ireland's oldest waterturbine, Macadam 1846. A tour of the
 mill begins with each visitor making and baking his or her own loaf of
 brown bread which is baked while the tour takes place. All the original
 equipment is still used to produce Lifeforce stoneground wholemeal
 flour. After the tour you will return to the impressive stone coffee shop to collect
 your bread, hot out of the oven! Drumline Monastic Site
 Located at Milltown, an idyllic setting between Lakes Drumlane
 and Derrybrick. A round tower and church mark the sixth
 century monastic site. The church building dates from thirteenth or fourteenth
 century and is located half a mile from Milltown village. The
 Cavan Way
 Starting from Cavan County Council Library Services in
 Cavan Town, The Cavan Way provides a pleasant hill and valley walking connection
 between the Leitrim Way at Dowra, a small village community near the
 source of the River Shannon and the Ulster Way at Blacklion village.
 Following generally the course of the young river to its source at the
 mystical "Shannon Pot", the walk follows quiet valley and river-side landscapes to the more unenclosed uplands
 section between the "Pot" and Blacklion, which includes the forested Burren area and its cemetery of ancient tombs,
 stone megaliths and monuments. Fine views are obtained from these elevated upland areas.

Saint Killian's Heritage Centre
 Located at Mullagh. Saint Killian was born in Mullagh, County
 Cavan in 640 AD. In 686AD he became a missionary to Wurzburg in Germany
 where he was martyred in 689AD. The exhibition and audio-visual here
 deal with Saint Killian including his times, his work, martyrdom and subsequent
 cult.

It brings to life a glorious era in Irish Church history and the work of Irish missionaries in Europe in the sixth and
 seventh centuries, with maps, photographs, statuettes, manuscript facsimiles and art reproductions. The exhibition also
 traces the development of Gaelic script from the Ogham writing of the fourth to seventh centuries and the Wurzburg
 Glosses (the earliest example of written Irish c.750), to the illuminated script of the Book of Kells.

Cavan Crystal
 Situated on the N3 just minutes from Cavan town, they
 offer the visitor comfy sofas to relax in, open fires and local/nationally produced
 crafts. The restaurant designed by Irish craftsmen boasts an array of home
 cooked food. The audio-visual theatre gives visitors an insight into the craft of
 mouth-blown, hand-cut crystal and a brief history of Cavan and its
 environs.