

## 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.