

# FÁILTE GO | WELCOME TO hOileán na Mainistreach | ABBEY ISLAND

*Tuama mhuintir Uí Chonaill  
O'Connell family tomb*



*Aillte Oileán na Mainistreach  
Abbey Island cliffs*



*Lile Fhionáin | Kerry Lily*



*Cág Cosdearg | Chough*

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*Mainistíir Achaidh Mhóir | Ahamore Abbey*



## OILEÁN NA MAINISTREACH

Bain sult as an áit álainn seo, ach bí aireach anseo i gcónaí le do thoil.

Is féidir siúl sall go dtí Oileán na Mainistreach seachas nuair a bhíonn sé ina bharr taoide.

Tá beithigh ar féarach ar an oileán ó thús na 1990idí ar chúiseanna éiceolaíochta. Tá Oileán na Mainistreach ar cheann den fhíorbheagán láithreacha in Éirinn ina bhfuil an planda neamhchoitianta Lile Fhionáin (*Simethis planifolia*) le fáil.

Tá fothrach Mhainistir Achaidh Mhóir ann ón deichiú haois. Bhunaigh Dónall Ó Conaill an séipéal a thóg sé i dTigh Mór Dhoire Fhionáin ar an ailtireacht ann.

Tuilleadh eolais le fáil ag [www.heritageireland.ie](http://www.heritageireland.ie)  
Oifig na nOibreacha Poiblí Ionaid Náisiúnta  
Réadmhaoine Stairiúla: (01) 645 8884

## Comhairle Sábháilteachta - bí aireach!

- Ní féidir gabháil sall nuair a bhíonn an taoide lán
- Tá aillte arda nach bhfuil le sonrú os do chomhair
- Fánaí géara, talamh garbh, ciumhaiseanna oscailte, carraigeacha scaoilte
- Tá na ballaí, foirgnimh agus déantáin leochaileach
- Tá an clúdach teileafóin teoranta
- Caith éadaí agus bróga oiriúnacha
- Coimeád súil ghéar ar pháistí.

I gcás éigeandála glaigh 999 nó 112 chun teacht ar na seirbhísí éigeandála (seirbhísí Dóiteáin, Otharchair, Gardaí, Garda Cóstá) agus/nó iarr cabhair ar an bhfoireann áitiúil.

## ABBNEY ISLAND

Enjoy this wonderful place, but please take care at all times.

Abbey Island can be reached on foot across the sand except at high tide.

The island has been grazed by cattle since the early 1990s for ecological reasons. Abbey Island is one of very few locations in Ireland where the rare Kerry Lily (*Simethis planifolia*) has been found.

The ruins of Ahamore Abbey date from the tenth century, and the chapel constructed by Daniel O'Connell at Derrynane House was influenced by its architecture.

More information is available at [www.heritageireland.ie](http://www.heritageireland.ie)  
OPW National Historic Properties: (01) 645 8884

## Safety Advisory - Be Aware!

- High tides can block access.
- High sea cliffs appear suddenly.
- Steep gradients, uneven surfaces, unprotected edges, loose rocks.
- Walls, structures and artefacts are fragile.
- Limited mobile telephone signal.
- Wear suitable clothing and footwear.
- Supervise children closely.

In an emergency, dial 999 or 112 to contact the emergency services (Fire, Ambulance, Gardaí, Coast Guard) and/or ask local staff for assistance.



**WILD ATLANTIC WAY**  
SLÍ AN ATLANTAIGH FHIÁIN

