

GUIDE TO BALLYBUNION

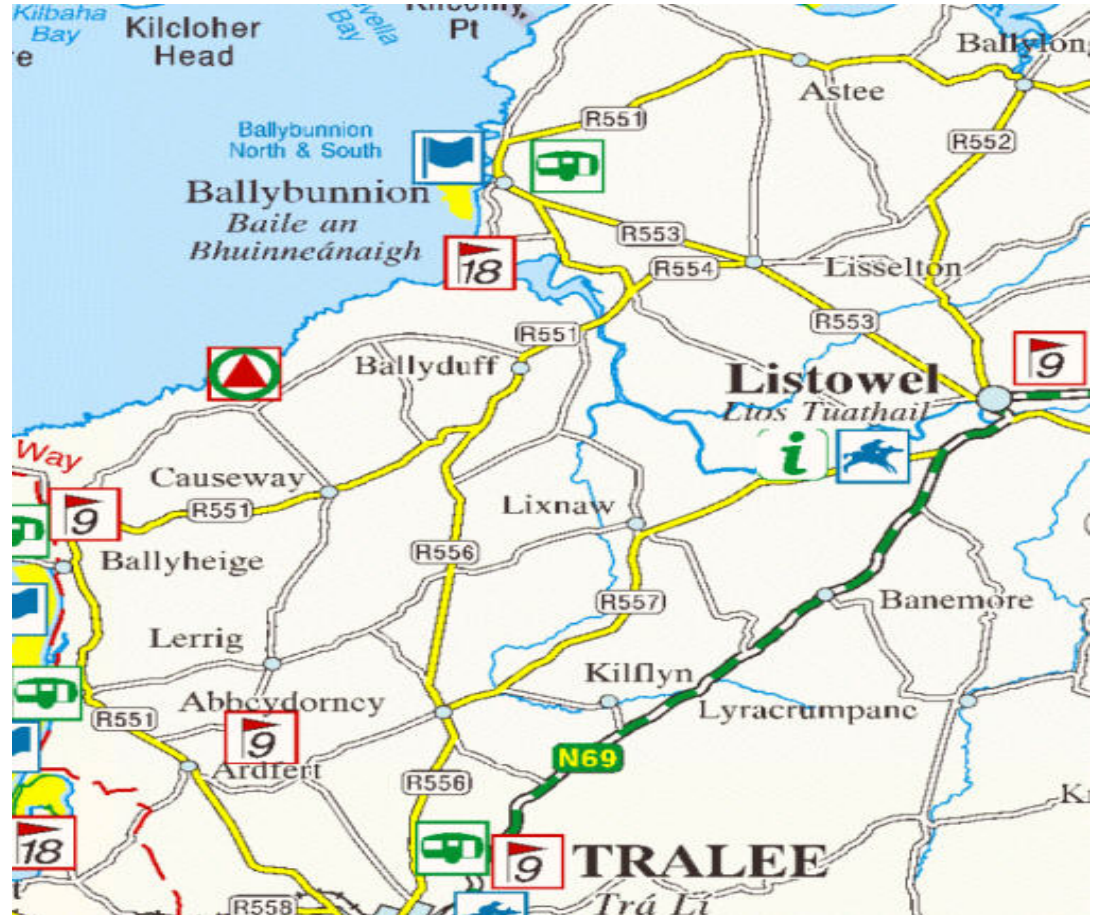
- "Ireland's Golfing Mecca"



GENERAL ORIENTATION

Ballybunion is a seaside resort in the northwest of County Kerry, 20 miles from Tralee.

A small town, Ballybunion offers a superb beach, exhilarating clifftop walks, invigorating seaweed baths and the town is overlooked by the ruins of a 16th century castle.



► LISTOWEL

The larger town of Listowel is 10 miles from Ballybunion. Horse racing and literature are the principal attractions of this typical Irish market town.

Listowel Writers Week is held in early summer. John B. Keane, Maurice Walsh and Bryan McMahon were all natives of Listowel and are among the leading Irish authors of the 20th century.

Their work is celebrated in "Seanchai" – the Kerry Literary and Cultural Centre. "Seanchai" is a Gaelic word for storyteller.



The Market Town of Listowel

Listowel also hosts a horse racing festival in September which is one of the liveliest and well attended meetings of the Irish horse racing season.

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BALLYBUNION HIGHLIGHTS

Cliff-top Walks
Seaweed Baths
Ballybunion Beaches
Bachelor Festival
Busking Festival

▶ CLIFFTOP WALKS

Take an invigorating walk along the spectacular cliff-top walk to the north of the village.

Savour the views of the wild Atlantic Ocean and visit the ruins of the 14th century Geraldine castle.



▶ BACHELOR FESTIVAL

The Ballybunion Bachelor of the Year is selected at the annual festival held in June. 20 hopefuls are shortlisted and participate in a wide range of activities all in the name of fun.

The townspeople busy themselves enjoying the festival with fashion shows, sporting events and music.

22-26 June 2005

▶ BALLYBUNION BEACHES

There are miles of sandy beaches near Ballybunion. Ladies Strand and White Strand are both within walking distance of the village.



▶ SEAWEED BATHS

Ideal after a day on the golf links, seaweed baths help bring relief to muscular stiffness, tension, arthritic and rheumatic pain.

The salt water is pumped directly from the Atlantic Ocean and heated. The seaweed is picked daily from nearby Black Rocks and the hot water stimulates the release of natural iodine which acts as a natural antiseptic.



Finally the seaweed oils moisturises the skin leaving a fresh, tingling feeling.

There are two seaweed baths on the Ladies Strand. Phone 068 27469.

▶ BUSKING FESTIVAL

Each August the streets of Ballybunion fill with buskers from all over the world. From musicians to street performers the entertainment is great!

