



An Cheathrú Ghaeltachta

# Fáilte go Béal Feirste na nGael

## Welcome to Gaelic Belfast

I bhfad siar a tharla ann do Bhéal Feirste, seandún a stiúir áth ar abhainn an Lagáin. Uайд sin a ainmniodh an baile, Béal Feirste, "béal átha na feirste". Luitéar í den chéad uair i scribhinn sa bhliain 665RC. Nil aon áit sa chathair mar a bhfuil oidhreacht Ghaelach stairiúil níos láidre agus beoga ná feadh Bhóthar na bhFál, áit ar tháinig rath ar an Teanga Ghaeilge, a bheoigh réimse eispéireas cultúrtha de chuid an 21ú haois. Is é an ceantar seo an Cheathrú Ghaeltachta. Mar sin, soláthraíonn forbairt na Ceathrún Gaeltachta bealach i dtreo an chomhionannais chomh maith le huirlis athghiniúna. Is bua ag an uile dhuine é.

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Belfast dates to an ancient fort which once controlled the ford across the river Lagan. In fact the name of the city is derived from the Gaelic Béal Feirste roughly translated as "the mouth of the sandbank". It is first mentioned in writing in the year 665AD. Nowhere is the City's, historical Gaelic legacy more potent and vibrant, than along the Falls Road where the Irish language has flourished, igniting a range of 21st century cultural experiences. This area is the Gaeltacht Quarter. So, the development of An Cheathrú Ghaeltachta provides both a route toward equality as well as a tool for regeneration to a City emerging from conflict. It is a win - win situation for everyone.

# TURAS CATHRACH

# CITY TOURS

## Sli na Gaeltachta

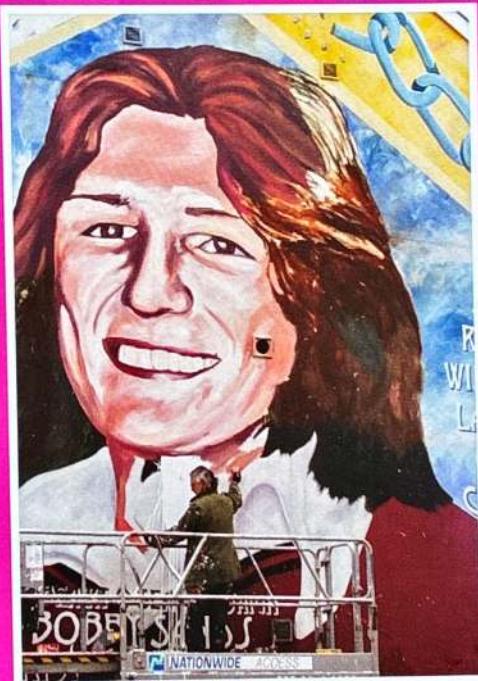
Cad é a thugann an stailceoir  
ocrais Bobby Sands, Ceannaire  
1916, Séamus Ó Chonghaile,  
Ard-Mháistir an Oird Oráistigh,  
Richard Rutledge Kane, agus an  
Tionsclai Preisipitéireach  
Feirsteach Robert McAdam le  
chéile? An Ghaeilge! Cá mbionn  
siad le chéile? Ar Bhóthar na  
bhFál.

Má tá suim agat tuilleadh a fháil  
amach agus stair na Gaeilge sa  
Cheathrú Gaeltachta a fhiorsú bí  
linn ar Shli na Gaeltachta, turas  
siúlóide nár chóir duit cailleadh  
agus tú ó Bhéal Feirste nó i  
mBéal Feirste. Déan teagmháil  
le [piarais@forbairtfeirste.com](mailto:piarais@forbairtfeirste.com)

## The Gaeltacht Way

What brings hunger striker  
Bobby Sands, Grand Master of  
the Orange Lodge Richard  
Rutledge Kane, the executed  
1916 leader James Connolly and  
the Belfast Presbyterian  
Industrialist Robert McAdam  
together? The Irish Language!  
Where are they found together?  
On the Falls Road!

If you want to discover more of  
the fascinating story of Irish in  
Belfast's Gaeltacht join us ón Sli  
na Gaeltachta a guided walking  
tour through the heart of this  
historic area. If you are from  
Belfast or just visiting the city  
this is a must do experience.  
Contact  
[piarais@forbairtfeirste.com](mailto:piarais@forbairtfeirste.com)





FORBAIRT  
FEIRSTE

ÉCOSSE

## TURAIS COISTE

Turas siúil uathúil atá á sheachadadh ag iaphriosúnaigh pholaitiúla a roinneann a dtaití phearsanta ar choimhlint na hÉireann. Is iaphriosúnaigh phoblachtacha treoraithe Coiste a thugann tusa ar thuras trí mhúrmhaisithe agus sainchomharthai larthar Bhéal Feirste a roinneann a gcuid tuairimí ar an choimhlint.

Fágann turais ar Bhóthar na bhFál ó Thúr na Dubhaise gach Máirt, Déardaoin agus Satharn ar 10r.n. agus gach Domhnach ar 2i.n. a mhaireann timpeall 3 huaire an chloig. Is ar [www.Coiste.ie](http://www.Coiste.ie) is féidir turas a chur in áirithe.

## COISTE TOURS

A unique walking tour delivered by former political prisoners who share their personal experiences of the conflict in Ireland. Coiste guides are republican ex-prisoners who take you on a journey through West Belfast's murals and landmarks sharing their perspectives of the recent conflict. Tours of the Falls Road depart from the Divis Tower every Tuesday, Thursday and Saturday at 10am and every Sunday at 2pm lasting approximately 3 hours. Visit [www.Coiste.ie](http://www.Coiste.ie) to book a tour.

# TAXI TRAX

An tseirbhís cháiliúil Tacsaí Dhuibh a bhfuil stair 40 + bliain aici. Le Taxi Trax, bítear cinnte de go mbeidh tú ar cheann de na turais tacsaí is barántúla i mBéal Feirste. Tá stór acu ar chuid de na treoraithe turais is fearr sa chathair agus tá foireann de dhaoine áitiúla acu a bhfuil eolas áitiúil acu a mhair tríd na blianta coimhlinte i mBéal Feirste. Tabharfaidh siad treoir duit trí shuíomhanna a bhfuil spéis stairiúil agus pholaitiúil iontu, míneoidh siad tábhacht mhúrmhaisithe Bhéal Feirste agus roinntídh siad rúin na bpriomh sainchomharthaí tíre.

[www.taxitrx.com](http://www.taxitrx.com)

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The world famous Black Taxi service with a history of 40 + years. With Taxi Trax, you are guaranteed one of the most authentic taxi tours in Belfast. They boast some of the best tour guides in the city and have a team of local people with local knowledge who have lived through the conflict years in Belfast. They will guide you through sites of historical and political interest, explain the significance of the Belfast murals and share the secrets of key landmarks. [www.taxitrx.com](http://www.taxitrx.com)

# SLÍ AN GRUFFALO

Le gach carachtar á athchruthú go draiochtúil ag an dealbhóir Andrew McIntyre agus é suite i gcoinne chúlra pháirc foraoise iontaigh is cinnte go gcuirfidh an tarraignt teaghlaigh seo na páistí (agus na tuismitheoirí!) ag siúl.

Lean a lorg agus buail leis an seansionnach amaideach, an ulchabhán agus an nathair ar an bhealach chuig Gruffalo iontach 8 dtroigh ar airde.

Tóigfaidh sé thart ar 40 nócimead ar an chosán dul chuig an Gruffalo agus ansin is féidir leat suí ar feadh nócimead nó dhó agus áilleacht na foraoise a thógáil in aice leis an abhainn, sula siúlfaidh tú go compordach go dtí an t-ionad cuairteoirí le cupán deas tae nó caife a fháil.

Tá an t-eispéireas go hiomlán saor in aisce mar sin tabhair leat an teaghlaigh agus bain taitneamh as ceann de na páirceanna is áille i mBéal Feirste.

# GRUFFALO TRAIL

With each character magically recreated by sculptor Andrew McIntyre and set against the backdrop of a stunning forest park this family attraction is sure to get the kids (and parents!) out walking

Follow in his footsteps and meet the silly old fox, owl and snake on the way to an amazing 8-foot-tall Gruffalo

The trail will take approximately 40 minutes to get to the Gruffalo and then you can sit for a moment or two and take in the beauty of the forest next to the river, before a comfortable stroll back down to the visitors centre, where you can grab a nice cup of tea or coffee.

The experience is completely free so bring the family and enjoy one of Belfast's most beautiful parks.



# Amuigh Faoin Aer Outdoors

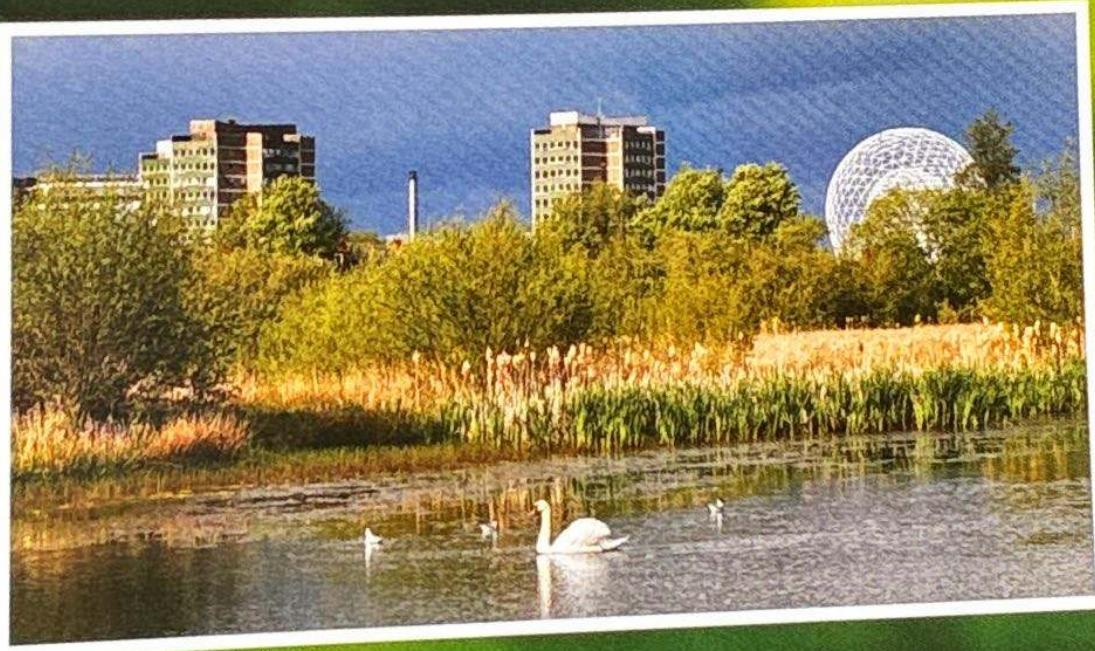
A finger is visible at the bottom right corner of the page.

# CLUAIN AN BHOGAIDH

D'fhéadfadh an Cheathrú Ghaeltachta bheith greanach uirbeach, ach taobh le Bóthar na bhFál tá caorán cosanta, 'Tearmann Dúlra Chluain an Bhogaidh', an t-aon cheann sa chathair, ina bhfuil réimse éagsúil plandaí agus ainmhithe.

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The Gaeltacht Quarter may be gritty and urban but alongside the Falls Road sits our only protected bogland 'The Bog Meadows Nature Reserve' with its diverse range of flora and fauna.



## AN SLIABH DUBH

Inrochtana i gcarr, ar bhus, ar rothar agus ar chos tá na sléibhte i gcroílár Chnoic Bhéal Feirste ann mar chúlra iontach de spéiríne na cathrach. Tugtar luach saothair do shiúlóiri le radharcanna iontacha ar Loch Lao, Cnoic an Chaisleáin Riabhaigh, Leithinis na hArda, Oileán Mhanann, Albain, Sliabh gCuillinn, Beanna Boirche agus Sléibhte Chairlinn ar an taobh amháin, agus ar an taobh eile na Speiríni, ardchlár Aontromaagus Loch nEathach. Tá craenacha Samson agus Goliath le feiceáil fostá.

## BLACK MOUNTAIN

Accessible by car, bus, bike & foot the mountains rest in the heart of the Belfast Hills providing a stunning backdrop to the city's skyline.

Walkers are rewarded with spectacular views of Belfast Lough, the Castlereagh Hills, the Ards Peninsula, the Isle of Man, Scotland, Slieve Gullion, the Mourne and Carlingford Mountains on the one side, and on the other the Sperrins, the Antrim Plateau and Lough Neagh. The Samson and Goliath cranes can also be seen.



## AG ITHE AMUIGH

Nil aon ghanntanas bialann beag agus siopáí beaga caife sa Cheathrú mar a bhfaighidh an cuairteoir béis éadrom, greim ghasta nó cupán gasta caife, ach iad siúd a bheadh ag iarraidh béis ní ba théagartha, ní fhearr rud a dhéanfadh siad ná tarraingt ar Bia sa Chultúrlann, ina thimpeallacht uathúil atá Gaelach agus iltireach araon, agus tá béisí le blas na hÉireann le fáil foista ag Béile Blasta agus ag éagsúlacht mhór tábhairní agus áitreabh ceadúnaithe a riarrann bia feadh Bhóthar na bhFál.

Lón Dubh Caifé- Ráidió Fáilte | Hatch Café | Béile Blasta Restaurant | Bia ag an Chultúrlann | West Bar & Restaurant Hatch ag Áras Uí Chonghaile | Felons Restaurant

## EATING OUT

There are no shortage of small cafes and coffee shops in the Quarter at which the visitor can have a light meal, a snack or a quick cup of coffee, but for those seeking something more substantial they need look no further than Bia at Cultúrlann with its uniquely Irish, yet cosmopolitan, ambience. Full meals with an Irish flavour can also be had at Béile Blasta Restaurant as well as at a whole variety of pubs and licensed premises which also serve food along the length of the Falls Road.

Lón Dubh Caifé- Ráidió Fáilte | Hatch Café | Béile Blasta Restaurant | Bia ag an Chultúrlann | West Bar & Restaurant Hatch ag Áras Uí Chonghaile | Felons Restaurant

# FÓILLÍOCHT

Is iomai deis siamsa sa Cheathrú agus an Chultúrlann ar thús cadhnaiochta le lánlchlár ilghnéitheach ceoil, damhsa agus dráma ó cheann ceann na bliana agus a lán de na scórtha tábhairni agus clubanna ag tairiscint ceoil agus siamsa do na haionna agus pátrúin gach oíche sa tseachtain. Is iomai féile phobalbhunaithe a ritheann ar feadh na bliana, Féile Aistear ag Ionad Uibh Eachach i mí an Mhárta, Féile na gCloigíní Gorma i mí na Bealtaine, Léargas i mí an Mheithimh, Féile Scannán um Chearta an Duine i mí Mheán Fómhair, Féile na Carraige & Draiocht i mí Dheireadh Fómhair & Fleadh Feirste Féile na Ceathrún Gaeltachta i mí na Nollag.

Gan dearmad a dhéanamh ar ndóigh, d'Fhéile an Phobail i mí Lúnasa, An Fhéile agus An Scoil Samhraidh is mó in Éirinn. Cuireann Féile an Phobail beocht in larthar Bhéal Feirste. Cuireann sí clár uathúil imeachtaí agus gníomhaiochtaí ar fáil a dhéanann siamsaiocht, a chuireann daoine ar an eolas agus a thugann dúshlán. Téann a clú agus cáil ó neart go neart go fóill agus tá an tionchar eacnamaiochta atá aici ar ár gcathair go hiontach.

# ENTERTAINMENT

There are a host of opportunities for entertainment in the Quarter with Cultúrlann providing a packed and varied programme of music, dance and drama throughout the year and with many of the scores of pubs and clubs offering music and entertainment for the guests of patrons every night of the week. There are many community based festivals that run throughout the year, including Aistear at Ionad Uibh Eachach in March, Féile na gCloigíní Gorma in May, Léargas in June, respect Human Rights Film Festival in September, Féile na Carraige & Draiocht Halloween Festival in October & Fleadh Feirste the Gaeltacht Quarter Festival in December.

With special mention to Féile an Phobail in August. Féile is Ireland's Biggest Festival and Summer School based in the Heart of the Gaeltacht Quarter. Féile an Phobail brings West Belfast to life, with a unique offering of events and activities which entertain, educate and challenge. Its reputation continues to go from strength to strength and the positive economic impact it has on our city is fantastic.



# RAIDIÓ FÁILTE

Rádió Fáilte, stáisiún Ráidió Phobal Gaeilge Bhéal Feirste. Tá sé mar sprioc acu an Ghaeilge a neartú agus a chur chun cinn mar theanga phobail anseo i mBéal Feirste, ar fud fad na hÉireann agus ar fud an domhain.

Cuireann Rádió Fáilte scóth na traenála i Scileanna Ráidió agus Craoltóireachta ar fáil saor in aisce.

Tá Caifé An Lón Dubh ionnaithe i bhfoirgneamh úr Rádió Fáilte ar Shráid na Dubhaise i mBéal Feirste.

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Rádió Fáilte is Belfast's only Irish radio station, broadcasting in the city on 107.1fm. Rádió Fáilte provides a community radio service to the Irish language community, helping to support and spread the Irish language in Belfast and around the world.

Rádió Fáilte provides top-class Radio Broadcast training and other associated skills,

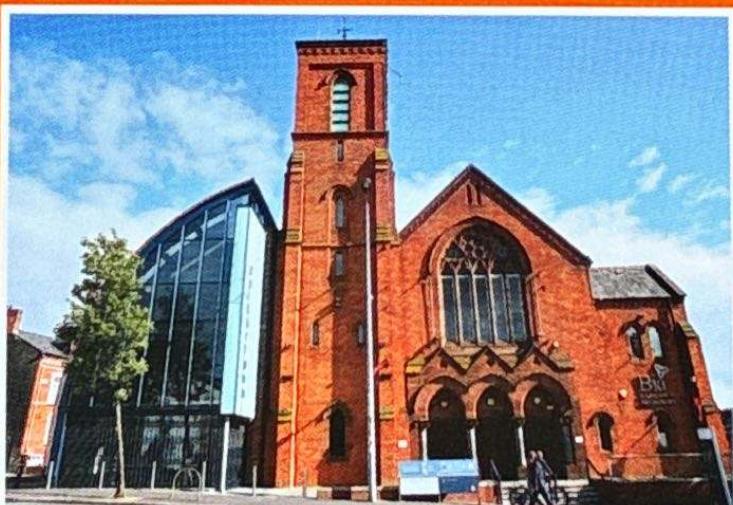
An Lón Dubh Caifé is situated in the new Rádió Fáilte building.

# AN CHULTÚRLANN

Buail isteach sa Chultúrlann, ionad ceannródaíoch cultúir agus ealaíon na Ceathrún Gaeltachta, ina bhfuil bialann ar dóigh, siopa leabhar agus féiríní, amharclann agus gailearaí lonnaithe. Rachaidh a beocht agus a spreacadh i bhfeidhm ort, san oíche go háirithe nuair is cosúil gurb í an ghealach amháin a thugann aird ar an am.

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Visit An Cultúrlann, the Gaeltacht Quarter's flagship culture and arts centre containing an excellent restaurant, book and gift shop, theatre and gallery. You will be struck by its verve and vitality, especially at night when only the moon seems to care about the time.



# ÁRAS UÍ CHONGHAILE

Lonnaithe ach clóis slata ón áit a raibh Connolly ina chónai ar Bhóthar na bhFál, is ionad cuairteoirí nua-aimseartha, inspiráideach Áras Uí Chonghaile, a léiríonn carachtar agus creatlach Bhóthar na bhFál. Tá fáilte roimh dhaoine le gach polaitiocht agus gan polaitiocht acu.

Chai th síul ar thaispeántas an ionaid chuaireoirí, lig do scíth i gcaifé Hatch, foghlaim sa leabharlann.

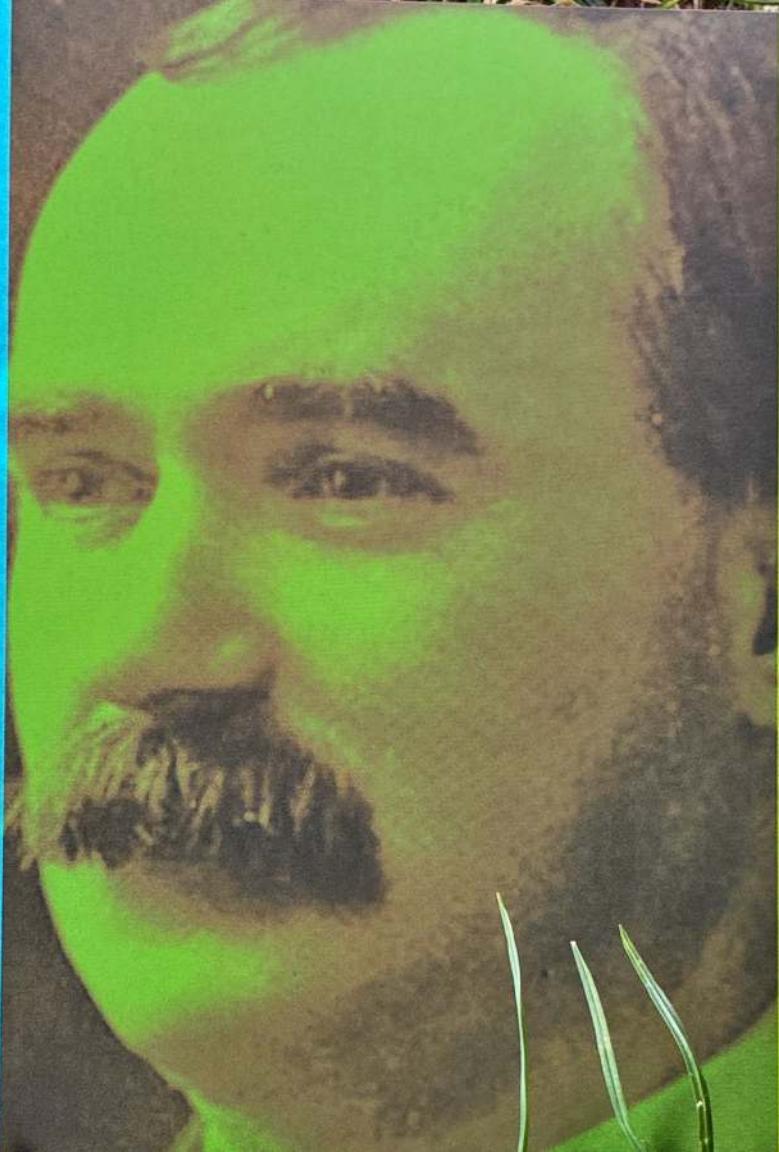
The castle of Labour is the  
Ireland, and the castle of the  
is the castle of Ireland.



# THE JAMES CONNOLLY VISTOR CENTRE

Located only yards from where Connolly lived on the Falls Road, Áras Uí Chonghaile is a modern, inspirational, visitor centre epitomising the character and fabric of the Falls Road. A place of welcome for people with all politics and of none.

Explore the visitor centre exhibition, relax in the Hatch café, learn in the library.



# CUMANN CHLUAIN ÁRD

B'fhiú go mór duit bualadh casadh isteach i gCumann Chluain Ard, cliabhán athbheochan teanga an lae inniu iniarthar Bhéal Feirste, áit inar bhunaigh dream diograiseoirí óga Gaeltacht Bhóthar Seoighe go mall sna 1960i. Is anseo gan amhras a gheobhaidh tú siamsa dúchais den scoth, le ceol, craic agus céilí.

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A visit to Cumann Chluain Árd, birthplace of the modern language revival in West Belfast, from where a group of young language enthusiasts established the Shaws Road Gaeltacht in the late 1960s. Here you are assured of traditional entertainment at its very best with music, craic and ceilidh.

# REILIG NA CATHRACH & REILIG BHAILE AN MHUILINN

Tabhair cuairt agus déan siúlód thart ar dhá cheann de na reiligi is cáiliúla i mBéal Feirste, Reilig na Cathrach agus Reilig Bhaile an Mhuilinn. Iontu seo tá breis agus 150 bliain de stair na Cathrach greanta i gcloch. Lig do scith agus luigh anseo in éineacht le haithreacha agus máithreacha na Tionscláiochta sa chathair chomh maith leis na filí, na reibiliúnaigh agus na scribhneoirí a raibh tionchar acu ar ghréasán casta Bhéal Feirste. Sna reiligi fostá tá na daoine sin curtha a fuair bás de dheasca na ngalar agus na n-eipidéimí a tharla ar fud fad na Cathrach, ina measc an Calar, an Bholgach agus an Fliú Spáinneach.

# CITY & MILLTOWN CEMETERIES

Take a walk in two of Belfast's famous cemeteries, City Cemetery and Milltown Cemetery. Here you will find over 150 years of the City's history written in Stone. Here, in repose lie the Industrial fathers and mothers of the City, alongside the poets, revolutionaries and writers who shaped Belfast's rich tapestry. Also within the cemeteries can be found those carried off by the diseases and epidemics which swept the City, including Cholera, Small pox and the Spanish flu.

# SPÓRTLANN NA hÉIREANN

Amharclann nua don spórt, don chultúr agus don phobal is ea Spórlann na hÉireann, an coimpléasc nua spóirt, atá lonnaithe i gColáiste Feirste i gcroilár na Ceathrún. Bíonn CLG Laochra Loch Lao, foireann Gaeilge na Cathrach ag imirt ag an Spórlann, buail isteach agus amharc ar chluiche agus tú ar cuairt, nó bain triail as cuid de na deiseanna spóirt agus fóilliochta.

Déan teagmháil le [sportlann1@gmail.com](mailto:sportlann1@gmail.com)

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Spórlann na hÉireann, Ireland's first multi million pound sports complex, dedicated to the promotion of Gaelic Games and the Irish Language, is based at Coláiste Feirste in the heart of the Quarter. It is a new theatre for sport, culture and community. It is also home to Laochra Loch Lao Belfast's Irish Language GAA team, be sure to drop by and catch a game when visiting, or just enjoy some of the various opportunities for outdoor activities and sporting experience.

Contact [sportlann1@gmail.com](mailto:sportlann1@gmail.com)



## 10K NA CEATHRÚN GAELTACHTA

Glacann na céadta reathaithe páirt i rith bhliantúil 10k na Ceathrún Gaeltachta a tharlaonn i gcomhthráth le Seachtain Deonaithe Órgán. Ag imeacht on Chultúrlann déanann na reathaithe a mbealach trí shráideanna agus bhóithre iocónacha larthar Bhéal Feirste a bhfuil cursios déanta air mar cheann de na bealaí is fearr agus is dúshlánaí do 10K i mBéal Feirste. Faigheann gach reatháit atá cláraithe: slis ama, bonn agus t-léine.

Le clárú déan teagmháil le:  
[mairtin@glornamona.com](mailto:mairtin@glornamona.com)

## GAELTACHT QUARTER 10K

Hundreds of runners take part in the annual Gaeltacht Quarter 10k run that coincides with Organ Donation Week. Departing from An Chultúrlann runners make their way through the iconic streets and roads of West Belfast in what has been described as one of the best and most challenging routes for a 10K in Belfast. All registered runners receive: A time chip, a medal and a t-shirt.#

To register contact: [mairtin@glornamona.com](mailto:mairtin@glornamona.com)



## CATHAIR NA MÚREALAÍNE

Sa Cheathrú gheobhaidh tú ceann de na baliúcháin múrealaine is leithne ar an domhan, agus turais eagraithe na múrphictiúr faoi choimirce Choiste na nlarchimí agus Taxi Tracks, turais a thig cur in áirithe trí shuíomh na ngrúpai fén nó Visit Belfast. Is iomaí sampla den obair ealaine breatha ar fud na Ceathrún á n-aibhsíú in 'Conair Ealaion agus Oidhreachta larthar Bhéal Feirste agus na Seanchille'. Tá ceann de na múrmhaisithe is iomráiti suite ar Shráid Sevastopol. Múrphictiúr Bobby Sands, atá le feiceáil ar fhoilseacháin ar fud an domhain.

## MURAL CITY

One of the most extensive collections of mural art anywhere in the world can be found in the Quarter, organised tours of the murals and their associated history are hosted by Coiste na nlarchimí & Taxi Tracks and can be booked through their respective websites or Visit Belfast.. There are many examples of artwork dotted throughout the Quarter and highlighted in the 'West Belfast and Shankill Arts and Heritage Trail'. Perhaps one of the most iconic murals is located at Sevastopol Street. The Mural of Hunger Striker Bobby Sands, which has appeared on publications the world over.

## BARR FEABHAIS OIDEACHAIS

Crann taca sa Cheathrú é an t-oideachas agus bhi ardmheas riagh anseo air. Ar fud na Ceathrún gheobhaidh tú na forais Ghaeloideachais, Gaelscoil an Lonnáin, Gaelscoil na bhFál, Bunscoil an tSléibhe Dhubh, Gaelscoil na Móna agus Coláiste Feirste, an Gaelcholáiste is mó in Éirinn. Ar na forais oideachais eile dara leibhéal sa cheantar tá, Ardscoil Naomh Doiminic – Alma Mater Uachtarán na hÉireann, Máire Mhic Giolla Íosa – agus Coláiste Naomh Labhaoise. Sa Cheathrú fostá tá Coláiste Ollscoile Naomh Muire atá chun tosaigh i dtraenáil müinteoirí i dTuaisceart na hÉireann ó 1900 i leith agus is é an t-aon áit sa Tuaisceart a sholáthraíonn oiliúint do mhuinteoiri trí mheán na Gaeilge ar a gcúrsa TICO.

## EDUCATIONAL EXCELLENCE

Education is a mainstay of the Quarter and has always been highly valued. Throughout the Quarter many Irish Medium institutions can be found; Gaelscoil an Lonnáin, Gaelscoilna bhFál, Bunscoil an tSléibhe Dhubh, Gaelscoil na Móna and Coláiste Feirste, Ireland's largest and fastest growing Irish Language College. Other second and third level institutions in the area are Coláiste Ollscoile Muire, St Dominic's High School, Alma Mater of Irish President Mary McAleese and St Louise's Comprehensive College, one of the largest girls' schools in Europe. The Quarter is also home to St Mary's University College which has been at the forefront of teacher training education in the north of Ireland since 1900 and is the only place in the North that provides teacher training through the medium of the Irish Language on their PGCE IM course.