

Social Program

Saturday 7th October 2017

11.30. Guided Hike of Knocknarea Mountain.

Please bring suitable clothing: Rainwear/Runners etc. This is a Grade 3 Hike and is suitable for beginners.

11.30 Bus Pick up from Hotel Foyer

The guided Knocknarea hike with the famous Queen Maeve's Grave is an enjoyable walk for anyone with an interest in history, nature or beautiful views and landscapes. The Knocknarea mountain is 1073 feet high, and composed of limestone. It is visually striking, and is monolithic in appearance, situated in a prominent position on the Cúil Irra peninsula between the bays of Sligo and Ballisodare.

At the Summit of the Mountain is Queen Maeve's Grave. This is a mound (or Cairn) of loose stones. These rocks conceal a Neolithic passage. The Cairn is about 55 metres (180feet) wide and 10 metres (33 feet) high, making it the largest such cairn in Ireland outside the Bru Na Boinn. Newgrange. The mound is known as *Meascán Méabha* and in english, Maeve's Grave or Maeve's Cairn. Maeve is a prominent figure in Irish mythology. You will learn more about the famous Queen Maeve from our guides while on our hike. We will also visit an ancient quarry used to create the monument. Knocknarea was a major place of ritual and meeting in the Neolithic era. Hut sites are located all along the eastern side of the mountain. There are a number of passage tombs on top of Knocknarea Mountain, but Maeve's Cairn is by far the largest. In general the tombs are lined up North – South and seen to face the Carramore tombs, down in the land at the foot of the Mountain. Legend has it that Queen Maeve was buried standing up in her battle gear, but there are reasons that this may not be true. You will hear the full story and more interesting facts from our guides during the tour.

19.30 Welcome Reception in Foyer

20.00 Annual Gala Dinner with After Dinner Speaker

Dr. William Hanlon – Working on the edge.



Dr. Bill Hanlon is a family physician at the Cochrane Medical Centre, near Calgary, Canada. He is originally from Enniscorthy in Co. Wexford.

Dr. Hanlon is a Pharmacist, Family Physician, Expedition Medicine Consultant, Travel and Tropical Medicine Consultant. He is the **Founder and Medical director of Basic Health International Foundation**. This is a Canadian federally registered charity established in 2003 to support primary health care and public health projects in remote, high need communities living at high altitude. The primary focus of the foundation is to help create sustainable, economically viable, local solutions in the area of public health and primary health care. Dr. Hanlon's special interests are in adventure travel, expedition and high altitude medicine, International health and medical volunteer work. Expedition physician treks included Alaska, Greenland, Antarctica, Tanzania, Russia, Argentina, Chile, W. Papua, Nepal and Australia. He has summited the highest point on all 7 continents including Everest in 2007. He has skied 1200km from Hercules Inlet to South Pole 2009/10. He has skied from the west to east coast of Greenland in May 2014. Dr Hanlon has International Medical Work experience in Nepal, India, Mongolia, Tibet, Thailand, Peru, Ethiopia, Honduras, W. Papua, South Africa, Pakistan, Tajikistan and Afghanistan.

Sunday 8th October

14.30 Rural Doctors Annual Golf Competition at the internationally famous Rosses Point Golf Course – voted No. 1 Links Course in Connacht by the Golfers Guide 2017

16.30 Presentation of Prizes in Rosses Point Clubhouse

Other Things to do in Sligo:

Visit the famous Lissadelle House and Estate 15.2Km from Sligo Town. Once home of Countess Markievicz.

Take a tour or hike to the iconic Benbulbin Mountain known as Sligo's "Table Mountain"

Visit the grave of WB Yeats Drumcliffe, Co. Sligo.

Found in the churchyard, his grave is marked with a simple headstone with the inscription, "cast a cold eye on life, on death, horseman, pass by." This was Yeats' self penned epitaph together with the instructions that the grave consist of "no marble, no conventional phrase". The graveyard also contains a high cross and nearby is the site of a 6th Century Columbian monastery.

Glencar Waterfall - . It is particularly impressive after rain and can be viewed from a lovely wooded walk.

The Dominican Friary – Sligo Town was founded in the mid - 13th century by Maurice Fitzgerald. The site contains a great wealth of carvings including Gothic and Renaissance tomb sculpture, well preserved cloister and the only sculptured 15th century high altar to survive in any Irish monastic church.

**Strandhill People's Market – Sunday 11 – 4 in Sligo Airport
Strandhill and Rosses Point Beaches**