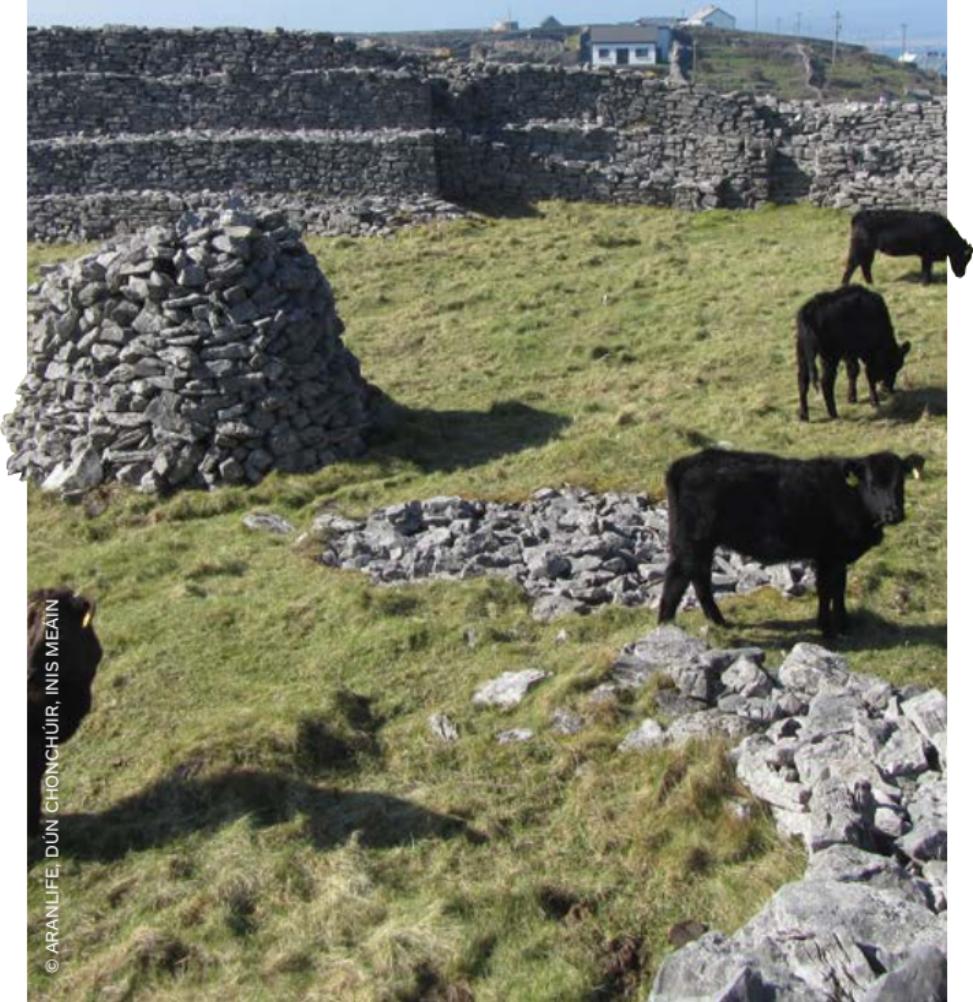


Oileán Árann **GNÉITHE STAIRIÚLA AR FHEILMEACHA NA nOILEÁN**

Aran Islands **HISTORIC FEATURES ON ISLAND FARMS**



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Méisiliteach

(6,000-10,000 Bliain ó Shin)
Mesolithic
(6,000-10,000 Years Ago)

Téann an chéad fhianaise maidir le gníomhaíocht dhaonna ar Oileáin Árann siar go dtí an Aois Mhéisiliteach nó go Lár na Clochaoise nuair a tháinig grúpaí d'fhiagaithe cnuasaitheoirí fián as Conamara agus as Co. an Chláir chomh fada leis na hoileáin. Mhair na daoine seo ar thorc fián, iasc, éanlaith mhara, uibheacha, cnónna agus fréamhacha. Níor fhágadar aon iarsmaí seasta ina ndiaidh seachas corr dhramhcharr anseo is ansiúd (carn aoiligh lán le sliogáin, cnáma agus clocha dóite) agus slám maith tuanna láibchloiche. Gearradh na tuanna seo as cairéal ar chósta na Boirne idir Fánóir agus Dúlainn agus thug na fiagaithe cnuasaitheoirí chomh fada leis na hoileáin iad.



Dramhchairn, iarsmaí ón ré Méisiliteach
Middens, remains from the Mesolithic

The earliest evidence for human activity on the Aran Islands dates to the Mesolithic or Middle Stone Age when nomadic hunter-gatherer bands from Clare and the Connemara coast arrived on the islands. These people lived on wild boar, fish, seabirds, eggs, nuts and roots. They left no standing remains behind except for some isolated middens (mounds of discarded shell, bone and burnt stone) along with numerous mud-stone axes. These axes were quarried on the Burren coast between Fanore and Doolin and brought to the islands by these hunter-gatherers.

TRÉIMHSE STAIRÚIL HISTORIC
100 - 400 bliain ó shin/years ago
1500AD - 1900AD
MEÁNAOISEACH MEDIEVAL
400 - 1000 bliain ó shin/years ago
1000AD - 1500AD
AN IARANNAOIS IRON AGE
1600 - 2500 bliain ó shin/years ago
500RC/BC - 400AD
AN CHRÉ-UMHAOIS BRONZE AGE
2500 - 4500 bliain ó shin/years ago
2500RC/BC - 500RC/BC
NEOILITEACH NEOLITHIC
4500 - 6000 bliain ó shin/years ago
4000RC/BC - 2500RC/BC
MÉISILITEACH MESOLITHIC
6000 - 10,000 bliain ó shin/years ago
8000RC/BC - 4000RC/BC

Neoiliteach

(4,500-6,000 Bliain ó Shin)

Neolithic

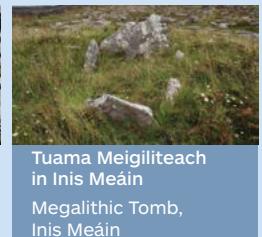
(4,500-6,000 Years Ago)

Ba san Aois Neoiliteach nó sa Nua-Chlochaois a tharla smachtú na talún, tráth a raibh na chéad fheilméaraí ann. I measc na fianaise a fágadh bhí go leor Tuamaí beaga Meigiliteacha déanta as leaca aolchoiche a baineadh ar an suíomh agus sna tuamaí seo bhí cuid de na coirp sínte amach agus cuid eile acu créamtha. Leanadh leis an gcleachtas seo, leaca a bhaint le cur ar uaigheanna, isteach sa 19ú haois.

Sa mbéaloideas áitiúil ní uaigheanna a thugtar ar chuid de na tuamaí meigiliteacha seo ach 'leaba Diarmaid agus Gráinne' agus deirtear gurb iad seo na leapacha a dhéan seaimpín na bhFianna, Diarmaid, agus a ghrágeal, Gráinne, nuair a bhíodar i bhfolach ó Fionn Mac Cumhaill. Is in áit fheiceálach in Eochaill, is a aghaidh le dul faoi na gréine, atá an tuama is fearr atá i ndea-chaoi ar na hoileáin.



Leaca aolchoiche a baineadh le n-úsáid mar leaca d'uaigheanna - Inis Meáin
Limestone slabs quarried for tomb stones as found on Inis Meáin



Tuama Meigiliteach in Inis Meáin
Megalithic Tomb, Inis Meáin

The Neolithic or New Stone Age is the time of the first farmers and the taming of the land. Evidence surviving includes numerous small Megalithic Tombs, built with limestone slabs quarried on-site and containing both extended burials and cremations. This practice continued into the 19th century where slabs were quarried for tomb stones.

Some of these megalithic tombs are known however, in local folklore not as graves but as 'leaba Diarmaid agus Gráinne' and are claimed to be the beds made by the Fianna champion Diarmaid and his lover Gráinne as they hid from Fionn Mac Cumhaill. The best preserved tomb on the islands is to be found in a commanding position at Eochill, Inis Mór, facing the setting sun.

Tuama Dingeach in Eochaill, ó thart ar 2500 RC,
thuas os cionn Ghort na gCapall

Eochaill Wedge Tomb, c. 2500 BC, overlooking Gort na gCapall.



An Chré-Umhaois

(2,500-4,500 Bliain ó Shin)

Bronze Age

(2,500-4,500 Years Ago)

Faoi m bliain 2,400RC bhí miotal á úsáid in Éirinn, bhí réimse séadchomharthaí nua ann agus seans daoiné nua. Tá go leor séadchomharthaí ón tréimhse seo ina seasamh fós inniu. Ina measc seo in Árainn tá Tuamaí Dingeacha agus Galláin, Mútaí agus *Fulachtaí Fiadha* agus claíocha na mbuailte agus úsáidtear fós cuid acu seo inniu. Tá roinnt gallán, astu féin agus i bpéirí, ar na hoileáin.

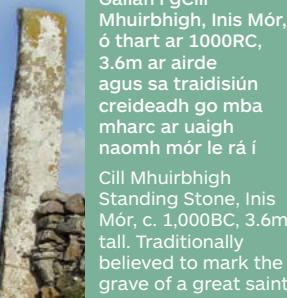
Tá péire de na Galláin ag Cnoc Raithní in Inis Oírr chomh maith le Carn Adhlactha. Déanadh tochaitt ann agus chonacthas uaigheanna déanta as leaca, Cist (bosca cloiche), sióthla adhlactha ón gCré-Umhaois agus déantán cnámh agus cré-umha. D'fhéadfadh, i gcás roinnt de na galláin, gur marc iad ar uaigheanna daoiné tábhachtacha agus i gcás cuid eile is cosúil go raibh siad tiomnaithe arís mar gur cuireadh crosa orthu i dtréimhse na Luath-Chriostaíochta.

By 2,400BC the use of metal had spread to Ireland, together with a range of new monuments and possibly new people. Many monuments from this period are still standing today. On Aran these include Wedge-Tombs, Standing Stones, Settlement Mounds (*Mútaí*) and *Fulachta Fiadha* and field walls, some of which are still being used today. There are a number of standing stones, found singly and in pairs, across the islands.

At Cnoc Raithní on Inis Oírr, a pair of Standing Stones is found in association with a Burial Cairn. Excavation revealed the presence of slab-lined graves, a Cist (stone box), Bronze Age burial urns and bronze and bone artefacts. Some Standing Stones may mark the graves of important individuals and others seem to have been re-dedicated by the addition of crosses in the Early Christian period.



Iarsmaí Ciste (bosca cloiche) i gCarn Adhlactha
Remains of a cist (stone box) in a burial cairn



Gallán i gCill Mhuirbhigh, Inis Mór, ó thart ar 1000RC, 3.6m ar airde agus sa traidisiún creideadh go mba mharc ar uaigh naomh mó尔 le rá í
Cill Mhuirbhigh Standing Stone, Inis Mór, c. 1,000BC, 3.6m tall. Traditionally believed to mark the grave of a great saint

Mútaí

Is iad na Mútaí an cineál séadchomhartha is coitianta ar fheirmeacha Árann. Seasann siad amach mar charn mór uaine, a dtrastomhas suas le 15m agus iad 2.5m ar airde. Nuair a déanadh tochaitt orthu, fuarthas amach go raibh bunsraitheanna d'fhoirgnimh mhóra ciorclacha fúthu le hurláir leaca agus forthithe. Ba iad seo príomháiteanna cónaithe na bhfeirmeoír móra agus d'fhéadfadh cuid acu dul siar chomh fada le deireadh na Cré-Umhaoise thart ar 1000RC, ach is i dtréimhse na Luath-Chriostaíochta, thart ar 1000AD, a bheadh an chuid is mó acu déanta, nuair a bhí daonra mór feirmeoireachta ar na hoileáin. Tá saibhreas mór déantán agus iarsmaí orgánacha sna séadchomharthaí seo agus iad ar chuid de na séadchomharthaí is tábhachtaí ach is lú staidéir ar na hoileáin. Sa mbéaloideas nascadh leis na sióga iad rud a bhí ábharach mar nár déanadh aon dochar don chuid is mó acu.



Samplaí de Mútaí ar na hoileáin
Examples of Mútaí found on the islands

Settlement Mounds

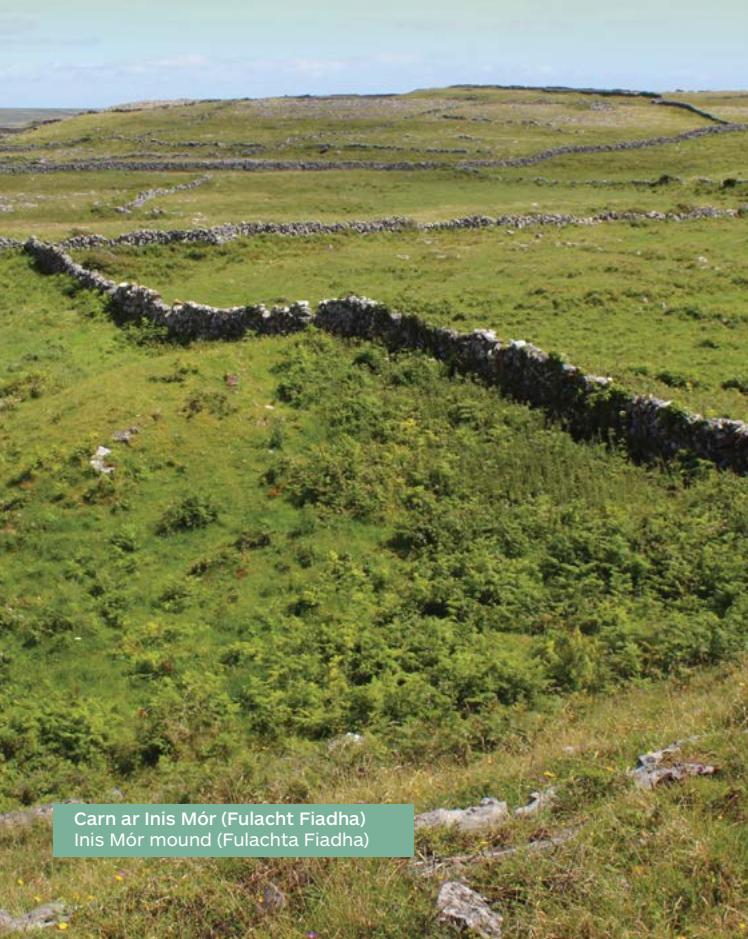
Settlement mounds (*Mútaí*) are among the most common monument type found on the farms of Aran. They stand out as large green mounds, up to 15m in diameter and 2.5m high. When excavated, a number of the mounds were found to contain the foundations of large circular buildings with flag floors and annexes. These were the major dwellings of substantial farmers and some may date to the late Bronze Age c. 1000BC, while most probably date to the Early Christian period, c. 1000AD when the islands had a large farming population. These monuments are very rich in artefacts and organic remains, making them some of the most important but least studied monuments on the Islands. Fortunately, folklore has traditionally associated them with the fairies, protecting the bulk of them from damage.

Fulachtaí Fiadha

D'fhéadfadh sé gur Fulachtaí fiadha (cairn dóite) iad cuid de na cairn níos lú, go háirithe na cinn atá gar do thoibreacha séasúracha. Glactar go forleathan leis na suímh ársa seo mar áiteanna cócarála a bhíodh ag na Fianna le bia a chócaráil. D'úsáidtí clocha te le huisce a fhiuchadh i logáin, déanta le clocha nó adhmad, tógadh iad thar tréimhse dhá mhíle bliain.

Fulachtaí Fiadha

Some of the smaller mounds, especially those found next to seasonal springs, may in fact be Fulachta fiadha (burnt mounds). These ancient sites are widely known as the cooking places of the Fíanna and were used to cook food. This was done by boiling water in stone or wooden troughs heated by hot stones; they were built over a period of two thousand years.



Carn ar Inis Mór (Fulacht Fiadha)
Inis Mór mound (Fulachta Fiadha)

An Iarannaois

(1,600-2,500 Bliain ó Shin)

Iron Age

(1,600-2,500 Years Ago)

Faoi dheireadh na Cré-Umhaoise agus túis na hIarannaoise tógaigh sraith de dhúnta cloch, an ceann is mó a athnítear ná Dún Aonghasa lena áirse cosantach chevaux-de-frise (an sampla is fearr san Eoraip) nó Grian Catha mar a thugtar orthu go háitiúil. Inniu féin seasann na dánta seo amach i dtírdhreacha agus muirdhreacha Árann.

Tá roinnt dánta cloch freisin ann atá níos lú, i bhfolach istigh sa líonra cláiocha a chlúdaíonn na hoileáin. Bhí na teaghlaigh uasal-aicmeach a thóg na dánta seo, ar fháthanna cosanta agus stádais, i gceannas ar an trádáil luachmhar agus ar na bealaí oilithreachta isteach agus amach as na hoileáin.



Chevaux-de-frise thatar ar Dhún Aonghasa

Chevaux-de-frise around Dún Aonghasa, Inis Mór



Cill Mhuirbhígh, Dún Beag thart ar 600AD, Dún Beag/Caiseal ar Bharr Cnoic

Cill Mhuirbhígh, Dún Beag, c. 600AD
Small hilltop fort/cashel



Dún Chonchúir, Inis Meáin



Dún Eoghanachta, Inis Mór

By the Late Bronze Age and Early Iron Age, we see the building of a series of stone forts the best known of which is Dun Aenghus with its protective arch of Chevaux-de-Frise (best example in Europe) or Ghrian Catha/'Battle Spikes' as they are locally known. These forts still dominate the Aran landscapes and seascapes today.

A number of smaller stone forts are hidden among the maze of field walls that carpet the islands. The aristocratic families who built these forts for both defensive and status reasons controlled the valuable trade and pilgrimage routes to and from the islands.

Luath-Chríostaíocht

(1000 -1,600 Bliain ó Shin)

Early Christian

(1000 - 1,600 Years Ago)

Faoi 5ú haois bhí na tiarnaí páganacha seo athraithe ina gCíostaithe agus Árainn ag iompú ina háit mhór d'adhradh, d'fhoghlaim agus d'oileáthreacht Críostaíochta rud atá le feiceáil ón méid láithreacha mainistreacha agus toibreachá beannaithe atá scaipthe thart sna hoileáin.

By the 5th Century these once pagan lords had become Christian and Árainn was on its way to becoming a great centre of Christian worship, learning and pilgrimage as indicated by the numerous monastic sites and holy wells dotted across the islands.



Tobar Beannaithe,
Bulán Mhaolodhair, Inis Mór
Holy well, Bulán Mhaolodhair,
Inis Mór



Tobar Cholmcille, Inis Mór
St Colmcille's Well, Inis Mór



Teampall Cheannannach,
Inis Meáin



Teaghlaich Éinne, Inis Mór



Cill na Seacht dTeampall, Inis Mór
Seven Churches, Inis Mór



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Tobar Beannaithe Naomh Isleamáin, Inis Meáin
St. Isleamáin's Holy Well, Inis Meáin

Clocháin

Tá na clocháin ar chuid de na séadchomharthaí ársa is líonmhaire ar na hoileáin, foirgnimh fochiorclacha nó dronuilleogacha ón tréimhse Luath-Chríostaíochta agus iad déanta as cloch shingil le díon coirbéalta. Bhí siad á n-úsáid ag grúpaí tuata agus reiligiúnacha agus úsáidtear fós sa ré nua-aimseartha iad mar chróite agus seideanna feirme.



Iarsmaí de shuíomh botháin
Remains of a Hut site



Suíomh botháin, Inis Mór
Hut site, Inis Mór



Clochán faoi Fhás Fiáin, Inis Mór
Overgrown Clochán, Inis Mór



Clochán Athchóirithe, Inis Mór
Restored Clochán, Inis Mór

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Clocháns

Clocháns are amongst the most numerous ancient monument on the islands, drystone sub circular or oblong, corbel-roofed building dating from the Early Christian period. They were used by both the secular and religious groups and some have continued in use into the modern times functioning as both outhouses and farm sheds.



Iarsmaí seanchórais buailte ar mhachair in Inis Mór
Remains of ancient field systems on machair on Inis Mór



Cláit ar Bhuaile
Field wall

Córas na mBuailte

Tá líonra seanróní agus buailte fite fuaite trasna Oileán Árainn ó chuile ré de stair fheilméarachta na n-oileán. Ar na trí oileán tá cuid atá an-sean, seo cinn a ghobann amach ó faoi Mhachair, san áit a síneann sé leis an gcósta. D'fhéadfadh bunús réamhstairiúil a bheith leis na cinn faoin ngaineamh a shíneann amach san idirtheaoide i gCill Éinne ar Inis Mór agus na cinn atá ag an gCaladh Mór in Inis Meáin. Tá cuid eile acu lúaithe leis na Dúnta móra Cloiche agus le Luath-Láithreacha Mainistreacha.

Field Systems

The Aran Islands are criss-crossed with a tracery-like network of ancient tracks and field systems dating from every period of the islands' farming history. Especially old are the ones found emerging from beneath the machair where it edges the coast on all three islands. A Pre-historic origin can be suggested for those found under the sands and extending into the intertidal zone at Killeany on Inis Mór and at An Caladh Mór on Inis Meáin. Still others are associated with the great Stone Forts and Early Monastic Sites.

Meánaoiseach (400-1,000 Bliain ó Shin) Medieval (400 -1,000 Years Ago)

Le linn na Meánaoise thóg Tiarnaí cumhachtacha Uí Bhriain agus Uí Fhlatharta sraith de Chaisleáin agus Teampaill déanta as cloch. Rinne na teaghlaigh seo a saibhreas ag rialú na só-earrai agus an fíon a bhí ag dul isteach go Cathair na Gaillimhe agus bhain tairbhe as an méid daoine a bhí ag dul ar oilithreacht chuig na hOileán Bheannaithe seo.

During the Middle Ages a series of stone Castles and Churches were built by the powerful O'Brien and O'Flaherty Lords. These families grew rich by controlling the flow of wine and luxury goods into Galway City and benefitted from busy pilgrimage traffic to these Holy Islands.



Caisleán Uí Bhriain, (ar chlé i láir an phictiúir), Inis Oírr
O'Briens Castle (mid left of photo), Inis Oírr



Caisleán Uí Bhriain, Inis Oírr
O'Briens Castle, Inis Oírr

Tréimhse Stairiúil

(100-400 Bliain ó Shin)

Historic Period

(100-400 Years Ago)

Sa 17ú haois ghlac na Sasanaigh seilbh ar na hoileáin agus tháinig tírdhreach nua coilíneachta chun cinn nuair a tógadh dún ag Caisleán Arkin i gCill Éinne san áit a raibh Caisleán de chuid na mBrianaigh roimhe sin. *Ballaí Chromail* a tugadh air agus bhí sé lonnaithe in áit ina bhféadfaí smacht a choinneáil ar sheanchaladh Árann.

During the 17th century the islands fell into English hands and new colonial landscape emerged with the building of a fort at Arkin Castle, Killeany on the site of an earlier O'Brien Castle. It became known as *Ballaí Chromwell* and was located to command the ancient port of Aran.



Ceann Cloiche ar Chaisleán Uí Bhriain in Inis Oírr
Stone head on O'Brien Castle on Inis Oírr

Tháinig ardú sciobtha ar an daonra san 18ú agus 19ú céad agus tosaíodh ag dúnadh isteach áiteacha carstacha oscailte. Bhí na daoine seo ag iascach, ag feilméaracht agus ag déanamh ceilpe dá dteachtaí isteach agus dá bharr seo tháinig roinnt séadchomharthaí nua agus struchtúir fheirme chun cinn.

The 18th and 19th centuries saw a rapidly rising population and the enclosing of large areas of open karst. Fishing, farming and kelp processing supported this population and some new monuments and farm structures emerged.



Cláí agus Bearna ar Bhuaille in Inis Oírr
Field wall and gap, Inis Oírr



Tanc cloch le sruth ó thobar
Rock hewn trough fed by a spring



Tanc Uisce in Inis Meáin
Water trough on Inis Meáin



Tanc Uisce in Inis Mór
Water trough, Inis Mór

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Bhí seifteanna le huisce a bhailiú i gceist le leagan amach cuid acu seo. Ina measc bhí cineálacha éagsúla umar (tancanna). Tanc cloiche a bhíodh iontu de ghnáth le cóta plástair aoil agus forsheastáin a mbíodh fána leis le go mbeadh neart de dhromchla air don uisce le rith de isteach sa tanc. Déanadh corr thobar a gearradh amach as clocha freisin (sruth ag rith iontu).

Some of these were designed with better water management in mind. These included a range of water-cisterns (troughs). They generally consisted of a stone trough, caulked with lime plaster, with a sloping apron to maximise the surface area to receive and channel water into the trough. Occasional rock-hewn troughs (fed by springs) were also constructed.



Tá meascán foirgneamh traidisiúnta dúchasach freisin ar na hoileáin agus tá cuid acu ina bhfothracha. Ba thithe agus seideanna feirme a bhformhór. Ba dhronuilleogach a bhíodh an teach traidisiúnta dúchasach le dó nó trí de sheomraí ann agus doirsear ar aghaidh a chéile ar an taobh fada de. Bhíodh teallach sa lár, bhíodh leath-lota ann agus beanna céimnithe air agus greamaithe de bhíodh seid mhóna agus cairr asail.

Tá go leor seideanna aonseomra le díon tuí sna buailte agus corrcheann gar don chladach a bhí ag úsáid d'fheamainn thirim nuair a bhí an borradh Ceilpe ann san 18ú agus 19ú haois.

There is also a range of traditional vernacular buildings on the islands some of which have fallen into ruin. They consisted largely of houses and farm-sheds. The traditional vernacular house was rectangular with two to three rooms and opposed doorways in the long-side. There was a central fire-place, a half-loft and crow stepped gables with a cart and turf shed adjoining.

Numerous single-roomed thatched sheds are found within the large network of field systems and occasionally close to the shore where they were used as stores for dried sea-weed during the great Kelp boom of the 18th and 19th centuries.

Leachtaí

I measc na séadchomharthaí comórtha níos neamhchoitianta a tógadh san am seo bhí sraith leachtanna cuimhneacháin. Seo struchtúir bheaga dronuilleogacha cloch shingil a bhí úsáidte mar altóir b'fhéidir nó mar ionaid oilithreachta. Tá neart samplaí díobh le feiceáil sna hoileáin ar na láithreacha móra mainistreacha ó thréimhse na Luath-Chríostaíochta. Coinníodh suas an traidisiún de bheith ag tógáil na struchtúr seo níos deireanaí in Árainn ná in áiteacha eile agus d'fhéadfadh sé gur leagan nua-aimseartha díobh na leachtanna cuimhneacháin atá le feiceáil ar thaobh na mbóithre ar fud an oileáin. D'fhéadfadh sé gur tógadh na séadchomharthaí seo go luath san 18ú hAois agus gur leanadh á n-úsáid le linn an 19ú haois. Tá crosa ar a mbarr agus inscríbhinn i mbÉarla orthu i gcuimhne ar oileánaigh áitiúla iomráiteacha. Tá séadchomharthaí den chineál céanna ón 17ú haois i Maigh Eo, i nGaillimh agus i gCo. an Chláir agus iad ceangailte le roinnt de na teaghlaigh mór le rá.

Monuments

Among the more unusual commemorative monuments built at this time are a series of cenotaphs known as 'leachtanna cuimhneacháin'. These are small rectangular drystone structures which may have been used as altars or pilgrimage stations. Several examples are found on the islands around the great monastic sites dating to the early Christian period. On Aran the tradition of building these structures continued later than elsewhere and the numerous roadside Cenotaphs visible throughout the island may be a modern version of them. These monuments can date to the Early 18th century and continue in use throughout the 19th century. They are topped with crosses and bear inscriptions in English in memory of prominent local islanders. There are similar monuments from the 17th century in Mayo, Galway and Clare where they are associated with some of the leading families.



Tá an togra AranLIFE ag obair le feirmeoirí ar thrí Oileán Árann, ag forbairt agus ag cur chun cinn cleachtais feirmeoireachta traidisiúnta agus inbhuanaithe, a rachaidh chun tairbhe do thimpeallacht nádúrtha na nOileán. Beidh an togra i bhfeidhm ó 2014 go 2018 agus tá sé á mhaoiniú trí Chiste LIFE Nature an AE (maoiniú 75% ó LIFE, 25% ó chomhpháirtithe an togra in Éirinn). Díríonn an togra ar na cleachtais feirmeoireachta a chruthaigh tírdhreach aitheanta Árann agus ar ar bunaíodh suíomhanna Natura 2000 na n-oileán (suíomhanna a thugann cosaint do ghnáthóga agus speicis a bhfuil tábhacht Eorpach leo). Bainfear leas as eolas agus as taithí feirmeoirí áitiúla thar na céadta bliain chomh maith le saineolas eolaíoch pháirtithe an togra chun na dúshlání a bhaineann le feirmeoireacht ar oileán a shárú agus freisin chun stádas caomhnaithe na suíomhanna Natura a fheabhsú.

The AranLIFE project is working with farmers on the three Aran Islands to develop and promote traditional and sustainable farming practices to benefit the Islands' natural environment. It will operate from 2014-2018 and is funded through the EU LIFE Nature Fund (75% LIFE funding; 25% Irish project partners). The project focuses on the farming practices that created the iconic Aran landscape and led to the designation of the islands' Natura 2000 sites (sites to protect habitats and species of European importance). It will harness centuries of local farming knowledge and experience with the scientific expertise of project partners to overcome the challenges of island farming and to improve the conservation status of the Natura sites.

LIFE+ Nádúr & Bithéagsúlacht LIFE+ Nature & Biodiversity

Tá 'LIFE+ Dúlra agus Bithéagsúlacht' i measc phríomhchláir maoinithe an Aontais Eorpaigh don chomhshaol. Tacaíonn sé le tionscadail a chuidíonn le feidhmiú Threoracha an AE maidir le hÉin agus Gnáthóga, le líonra Natura 2000 agus sprioc an AE stop a chur le cailteanas bithéagsúlachta.

LIFE+ NATURE AND BIODIVERSITY is one of the main strands of the European Union's funding programme for the environment. It supports projects that contribute to the implementation of the EU's Birds and Habitats Directives, the Natura 2000 network and that contribute to the EU's goal of halting the loss of biodiversity.

Tuilleadh sonraí faoin togra ar fáil ag:

Further details of the project can be found at:

www.aranlife.ie

AranLIFE12/NAT/IE/000995

An téacs agus na pictiúir uilig (mura luaitear a mhalaírt) le MICHAEL GIBBONS ar son AranLIFE

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