



Clare Island Co. Mayo



Gráinne Mhaol's Castle

Clare Island is the largest and highest of Clew Bay's many islands and is incredibly rich in history and heritage. One of Ireland's most famous mariners, Gráinne Mhaol or Grace O'Malley had her stronghold here and her castle stands beside the harbour.

There are no less than 53 fulachta fiadh or outdoor cooking sites on Clare Island and there is also a Megalithic Court Tomb, testifying to the fact that the island has been farmed for over 5,500 years.

Islanders nowadays work at the local fish farm, which produces high quality organic salmon or run

their own businesses, including a yoga centre and retreat, a weaving centre, B&Bs and small farms. Like islanders elsewhere, many rely on a combination of part-time jobs to generate their incomes.

Beth Moran, who runs Ballytoughey Loom, spins wool from sheep raised on the island, dyes it using indigenous plants and weaves it into wall hangings and rugs which she sells in the cottage and at Craft Fairs, Shows and Exhibitions.
www.clareisland.info/loom/

There is also a Yoga Retreat Centre on the island

where visitors can attend yoga courses and stay in traditional accommodation where vegetarian food is served. www.yogaretreats.ie

Clare Island is a beautiful island with spectacular cliffs and a rich and varied wildlife, flora and fauna. It has one of the most beautiful beaches in the West of Ireland and holds both Blue and Green flags, testifying to its clean air and environment. It is a wonderful place to live and work and a great place to bring up children.

Further Information:
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Facts

Population Size	136 8 km x 4.8 km
Nearest Port Ferry	Roonagh Twice a day - 15 mins
Nearest Town/city	Westport
Schools	Primary School - 22 children
Childcare	Nursery (2-4 years) 9.30am to 1pm After school (5-12 yrs) 3pm - 5pm
Broadband	Yes
Shops	One grocer
Health Care	Full time nurse Doctor once a week
Hotel Pub	One hotel Community Centre with Members' Bar
Housing	2 houses available to rent
Work Space	Yes
Existing Businesses Include	Builders, Fish Farm, Yoga Centre, Crafts
Enterprise Opportunities	Fish Farm, Accommodation, IT business
Recreation	GAA pitch, Rowing Club, Writing Group, Marine Activities

