

AN CHEATHRÚ GHAELTACHTA



Fáilte

I bhfad siar a tharla ann Béal Feirste, seandún a stiúiráth ar abhainn an Lagáin. Uaidh sin a ainmníodh anbaile, Béal Feirste, “béal átha na feirste”

Níl aon áit ar láidre beoga an oidhreachta náisiúntasín ná feadh Bhóthar na bhFál, áit ar tháinig rath aran Teanga Ghaeilge, a bheoigh réimse eispéireascultúrtha de chuid an 21ú haois. Is é an ceantar seo an Cheathrú Gaeltachta.

Welcome

Belfast dates back 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”

Nowhere is this historical 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.





Is aoibhinn leis an Cheathrú Gaeltachta fuaimeanna: an focal cainte, buille nafilíochta, rithim an amhráin, siosarnach an leabhair á oscailt.

Éist le consain na Sasana i ndeabhaidh guaillí agus grinn le gutaí Alban agus Éireann, mar a mbíonn sléibhte agusailtireacht i gcomhrá agus mar anochtann an aimsir anallód ina steillbheatha láithreach. Seo Béal Feirste nuair is uathúla agus is uchtúla é



The Gaeltacht Quarter is a place that delights in sounds: the spoken word, the beat of rhyme, the rhythm of song, the crackle of the opened book. Listen as the consonants of England, jostle and jest with the vowels of Scotland and Ireland, where the mountains converse with the architecture and where the ancient past has emerged as a dynamic present. This is Belfast at its most unique and daring.

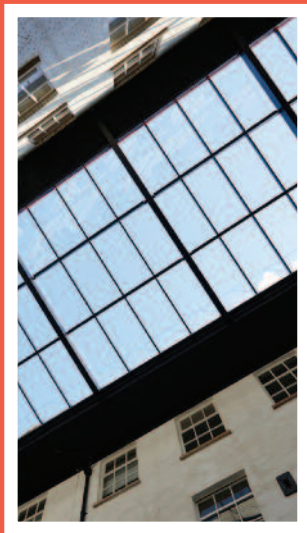




Sreabhann Bóthar na bhFál tríd an Cheathrú Gaeltachta; is craobhaibhneacha iad a cúlsráideanna agus a léanaí glasa a ghineann a lán dá carachtar agus dá cumhacht.



The Falls Road surges its way through the Gaeltacht Quarter; its side streets and green spaces, tributaries infusing this great cultural gateway with much of its character and power.





 **Eachtra Sóisialta** Social adventure



Tá mórán sa Cheathrú Gaeltachta don mhuintir sin a chuireannspéis sna daoine agus sna háiteanna a d'fhág lorg ar an stair. Cuirfidh tú scoth na haithne ar Shéamas Ó Conghaile, Bobby Sands agus Ó Donnabháin Rosa. Tabhair cuairt ar Mhainistir Chluain Ard inar tharla na comhchainteanna fógaire a thug an tsíocháin go dtí an Chathair agus a threoraigh i dtreodeiseanna daonlathacha úra í.

The Gaeltacht Quarter offers much to those who have an interest in the people and places that have shaped local history. James Connolly, Bobby Sands and O'Donovan Rossa will all become familiar to you. Visit Clonard Monastery where sensitive negotiations helped in the search for peace in the city.



turas cathrach

Gabh ar cheann de thurais eagraithe an Cheathrú Gaeltachta, a chlúdaíonn dhá reilig iomráiteacha nó a lán dá suímh pholaitiúla, nó tabhair na Cnoic ort féin agus breathnaigh cuid de radharcanna iontacha na Cathrach. Nó lean do bhealach féin ar an chasán oidhreachta dhá mhíle Shlí na Gaeltacht ó lár a' bhaile go Reilig na Cathrach.





www.forbairtfeirste.com

city tours

Join one of the Gaeltacht Quarter's organised tours taking in two famous cemeteries, City Cemetery and Milltown Cemetery, or many of its political sites, or head up Divis Mountain and discover some fantastic views. Or follow your own way along the two mile heritage trail Slí na Gaeltachta from the city centre to City Cemetery.



caorán cosanta

Má tá an Cheathrú Gaeltachta greanach uirbeach, taobh le Bóthar na hFál tá caorán cosanta, 'Tearmann Dúlra Chluain an Bhogaigh', an t-aon cheannsa chathair, ina bhfuil réimse éagsúil plandaí agus ainmhithe





protected bogland

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.





bí ag damhsa go maidin

Buail isteach sa Chultúrlann, ionad ceannródaíoch cultúir agus ealaíon an Cheathrú Gaelachta, a bhfuil lonnaithe ann bialann ar dóigh, siopa leabhar agus féiríní, amharclann agus gailearaí. 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. B'fhiú go mór duit casadh isteach i gCumann Chluain Ard, cliabhán athbheochan Teanga an lae inniu in larthar Bhéal Feirste, áit inar bhunaigh dream díograiseoirí óga Gaeltacht Bhóthar Seoigh gomall sna 1960í. Is anseo gan amhras a gheobhaidh tú siamsa dúchais nuair is foirfe é, le ceol, craic agus céilí



www.culturlann.ie

dance until dawn

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. Or why not drop in 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.



Siamsa

Is iomaí deis siamsa sa Cheathrú agus an Chultúrlann ar thús cadhnaíochta le lánchlár ilghnéitheach ceoil, damhsa agus dráma ó cheann ceann na bliana agus a lán de na scórtha tábhairní agus clubanna ag tairiscint ceoil agus siamsa do nahaíonna agus pátrúin gach oíche sa tseachtain; agus gan dearmad a dhéanamh ar ndóigh, d'Fhéile an Phobail, mórfhéile pobail na hEorpa, lena féilte Earraigh agus Lúnasa a thairgeann scoth deise do chuairoteoirí tarraingt ar na rithimí a shainíonn an Cheathrú bheoga chruthaitheach uathúil seo de chuid na Cathrach.

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 and of course Féile an Phobail, Europe's biggest community festival, with its Spring and August Festivals, provides a huge opportunity for visitors to tap into the rhythms which define this vibrant, creative and unique quarter of the city.



www.feilebelfast.com



Ithe amuigh

Níl aon ghanntanas bialann beag agus siopaí beaga caife sa Cheathrú mar a bhfaighidh an cuairteoir béile éadrom, greim gasta nó cupán gasta caife, ach iad siúd a bheadh ag iarraidh béile ní ba théagartha, ní fearr rud a dhéanfaidh siad ná tarraingt ar an Chaife Feirste sa Chultúrlann, ina thimpeallacht uathúil atá Gaelach agus iltíreach araon, agus tá béilí le blas na hÉireann le fáil fosta ag Bia Beatha nó Chaife Fáilte agus ag éagsúlacht mhór tábhairní agus áitreabh ceadúnaithe ariarann bia feadh Bhóthar na bhFál.





www.biabelfast.com

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 an *Café Feirste* at *Cultúrlann* with its uniquely Irish, yet cosmopolitan, ambience. Full meals with an Irish flavour can also be had at *Fáilte Restaurant* as well as at a whole variety of pubs and licensed premises which also serve food along the length of the Falls Road.



Spórt agus Fóillíocht

Tá flúirse deiseanna fóillíochta anseo sa Cheathrú. Gabh a spaisteoireacht i bPáirc Dhún Bhile nó Páirc na bhFálnó tabhair cuairt ar Shólanna na bhFál, na Carraige Báine nó Ard na bhFeá. Tá áit ar leith ag an spórt dúchais Gaelach i saol na Ceathrún, ionad baile chlubbanna CLG Mhichíl Uí Dhaibhéid, Mhichíl Uí Dhuibhir, Sheáin Mhic Dhiarmada, Naomh Eoin, Naomh Gall agus Uí Dhonnabháin Rosa. Díreach taobhamuigh den Cheathrú tá Páirc Mhic Asmoint a tógadh i 1953 agus ainmníodh in ómós don cheannaire Poblachtach Éireannach Sior Ruairí Mac Asmoint. Má tharlaíonn anbealach seo ag deireadh na seachtaine tú bí cinnte do shiúl a ghéarú ag gníomhaíocht ghéarchéimneach cheann de nacluichí ceannais.





Sport and Leisure

Leisure opportunities abound here in the Quarter. Take a stroll in Dunville or Falls Parks or visit the Falls Swim Centre, Whiterock or Beechmount Leisure Centres. Indigenous Gaelic sports feature heavily in the life of the Quarter; home to the GAA clubs of Michael Davitts, Michael Dwyers, Sean McDermott's, St John's, St Gall's and O'Donovan Rossa. Just outside the Quarter is Casement Park, built in 1953 and named after Sir Roger Casement. If you're passing here at the weekend be sure to set your pace racing by taking in the fast-paced action at one of the championship games.



BÍONN AN
PLÁINEAD **BUÍOCH**
GACH UAIR A
ÚSÁIDEANN TÚ É

EVERY TIME
YOU USE IT
THE PLANET SAYS
THANKS

An dtig le mála
siopadóireachta difear
a dhéanamh? Úsáid ár
málaí ath-inúsáidte
agus beidh níos lú ag
dul isteach i líonadh
talún. Seo mála a
iompróidh níos mó ná
do shiopadóireacht.

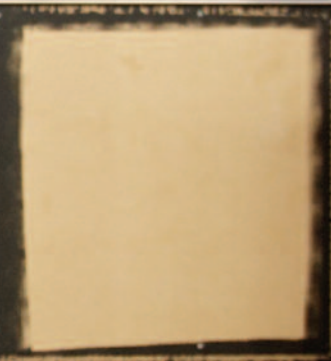
Can a shopping bag
make a difference to
the world? We think it
can. Shop with our
reusable bags and
fewer plastic ones end
up going to landfill. It's
the carrier bag that
carries on giving.



OUR VALUES
**MAKE US
DIFFERENT**

SLÁN LEIS AN DRAMHAÍL

WE DUM THE



Ní chuirimid sailil hidriginithe, blaistiú ná dathú saorga lenár n-oidis. Blas an t-aon rud a bhfuil na béilí réamhulmhaithe againn lán de.

We don't add hydrogenated fat, artificial flavouring or colour to our recipes. The only thing our ready meals are full of is flavour.



Is tarraingt mhór fosta ag cuairteoirí í an teiripe miondíola agus siopaí agus caifí beaga agus siopaí beaga ceardaíochta, agus na hionaid mhóra miondíola, Ionad na Páirce mar shampla, ag tairiscint táirgí áitiúla agus brandainmneacha móra.

Retail therapy is also a big attraction for visitors with small local shops, cafes and craft shops and the bigger retail outlets such as Sainsbury's offering local produce and big name brands.



Ealaín, Ceardaíocht agus Oidhreacht

Cruinníonn ealaíontóirí agus oibrithe ceardaíochta i gcuideachta lucht cruthaitheachta eile sa Cheathrú Gaeltachta. Tá pobal cruthaitheach breis agus 20 oibrí ceardaíochta agus ealaíontóir i Muileann Mhic Conmidhe. Ar an réimse scileanna ansin tá péintéireacht, snoí adhmaid, miotalóireacht, ceirmeacht, seodra, déanamh troscáin agus déanamh masc. Glacfaidh na healaíontóirí uilig le coimisiúin agus bíonn a gcuid oibre ar taispeáint phoiblí ag a lán acu ag siopa ceardaíochta an tsúimh. I gcoillár na ceathrún tá an teach is ársa I mBéal Feirste, mar atá Teach Ard na bhFea, Ceann Cheathrú Choláiste Feirste, socmhainn oidhreachta cathrach agus réigiúnach a bhfuil baint aige le stair tionsclaíoch na Cathrach chomh fada siar le lár an 18ú Aois. Sa Cheathrú fosta tá Leabharlann Carnegie na bhFál a tógadh i 1908 agus í maisithe taobh istigh le gnéithe breátha a dhear agus a rinne Rosamond Praeger, dealbhóir mná de chuid na háite.



Arts, Crafts & Heritage

Artists and craft workers cluster along with the other creative tendencies in the Gaeltacht Quarter. Conway Mill houses a creative community of over 20 craft workers and artists. The range of disciplines include painting, wood carving, wood sculpture, metal work, ceramics, jewellery, furniture making and mask making. All artists accept commissions and many have pieces of work on public display at the on site craftshop.

In the heart of the quarter sits Belfast's oldest house, Beechmount House, headquarters of Coláiste Feirste a city and regional cultural asset which connects us to the city's industrial history as far back as the middle of the 18th century.

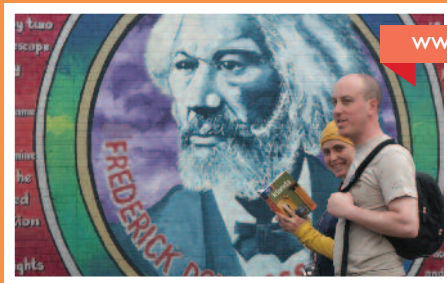
The Quarter also houses the Falls Carnegie Library built in 1908 and decorated outside with some fine features designed and executed by local sculptress Rosamond Praeger.





Múrealáin

Sa Cheathrú gheobhaidh tú ceann de na bailiúcháin múrealáine is leithne ar domhan, agus turais eagraithe na múrphictiúr faoi choimirce Choiste na nIarchimí, turais a thig a áirithint trí Bhiúró Cuairteoirí agus Comhdhálacha Bhéal Feirste. Is iomaí sampla obair ealaíne breactha ar fud na Ceathrún á n-aibhsiú i 'dTrial Ealaíon agus Oidhreachta Iarthar Bhéal Feirste agus na Seanchille'. Tá ceann den chuid is taibhsí b'fhéidir le feiceáil ráillí Ospidéal Ríoga Victeoiria. Léiríonn an struchtúr ardteicneolaíoch léasarghearrtha seo cruthú ollmhór DNA, a dhúisíonn croí obair nan-ospidéal.



www.visitwestbelfast.com

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 nIarchimí and can be booked through the Belfast Visitor and Convention Bureau. 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 impressive is located up on the railings at Royal Victoria Hospital. This high-tech laser-cut structure depicts an immense DNA formation, evoking the core of the hospital's work.



Foirfeacht Foghlama

Crann taca sa Cheathrú é an t-oideachas agus bhí ardmheas riamh anseo air. Ar fud na Ceathrún gheobhaidh tú na forais Ghaeloideachais, Gaelscoil an Lonnáin, Gaelscoil na bhFál, Bunscoil an tSléibhe Dhuibh agus Coláiste Feirste. Ar na forais oideachais eile dara leibhéal sa cheantartá, Ardscoil Naomh Doimíníc – almamater Uachtarán na hÉireann, Máire Mhic Giolla Íosa – agus Coláiste Naomh Labhaoise. Sa Cheathrú fosta tá Coláiste Ollscoile Naomh Muire atá chun tosaighi dtreanáil muinteoirí i dTuaisceart na h-Éireann ó 1900 i leith.





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 Dhuibh and Coláiste Feirste. 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.



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Béal feirste

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