



# Céide

 “KAY-jah”



## An líon céanna aillte le laethanta na bliana

Is beag athrú atá tagtha ar an radharc seo ó na haillte atá 111 méadar (365 troigh) ar airde le 5000 bliain anuas. Is furasta teaghlaigh fheirmeoireachta a shamhlú ag déanamh a mbealach óna bpáirceanna féin ar thaobh an chnoic chuig an spota seo chun radharc a fháil den ghrian ag dul faoi.

## Cliffs as high as the days of the year

*This view from the 111 metre (365 ft) high cliffs has changed little over the past 5000 years. Early farming families must have strolled here from their fields on the hill to watch the setting sun.*

## Na haillte stríocacha

Is ‘stríoca’ de ghaineamhchloch, aolchloch agus sceall atá sna haillte. Leagadh na stríoca seo thart ar 350 milliún bliain ó shin nuair a bhí an formhór d’Éirinn faoi bhrat farraige trópaicí éadomhain.

## Saol ar an imeall

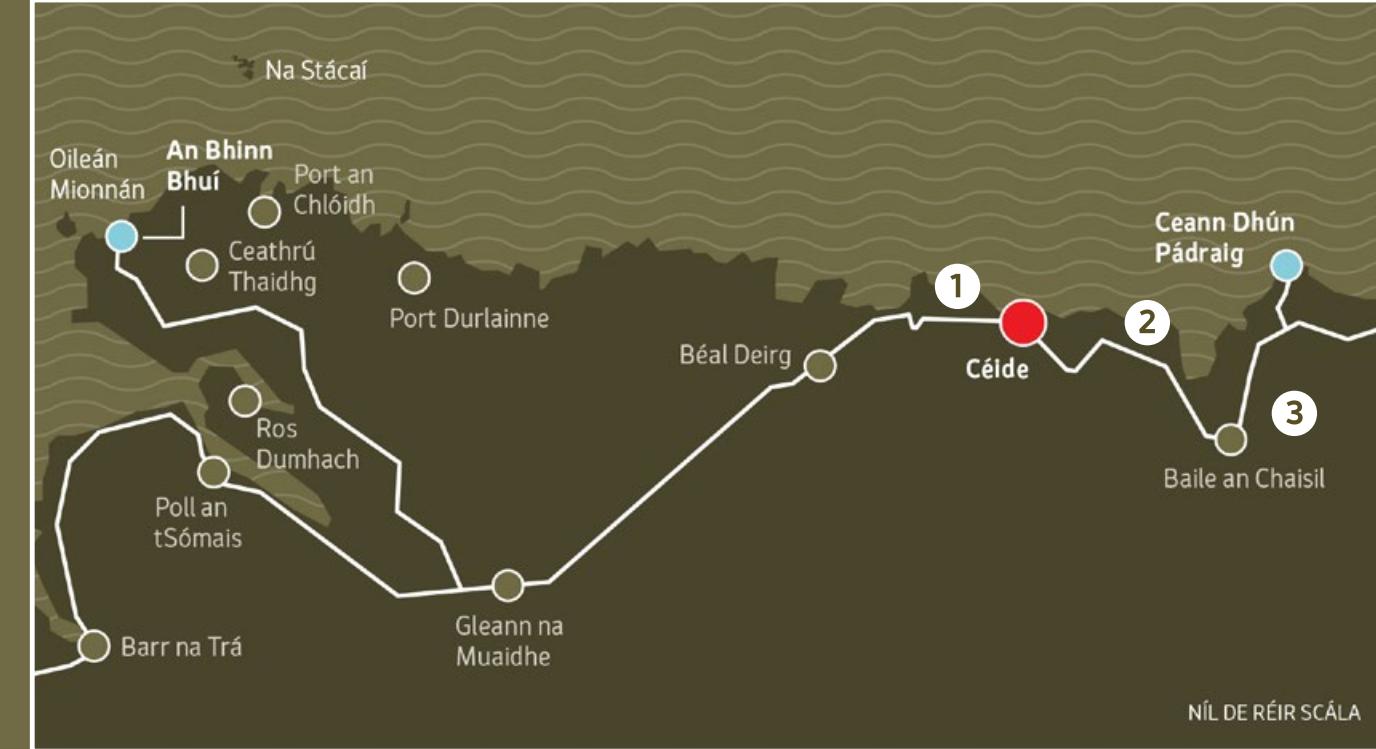
Síneann aillte Chéide feadh limistéar 20 km (12.4 miles). I rith an tsamhraidh bíonn barr na n-aillte faoi bhrat bláthanna fiáine, rabháin agus coireáin ina measc. Is deacair na héanlaithe mara neadaithe a fheiceáil mar gur bhfuil imill na n-aillte smeartha le guanó. Bíonn an fulmaire i mbun faoileoireachta agus ruathair thart ar imeall na n-aillte, áit a mbíonn an fiach dubh le feiceáil chomh maith.

## The striped cliffs

*The ‘stripes’ in the cliffs are layers of sandstone, limestone and shale. They were laid down about 350 million years ago when a shallow tropical sea covered much of Ireland.*

## Life on the ledge

*Céide cliffs extend for 20 km (12.4 miles). In summer the grassy tops are bright with wild flowers including sea pinks and campion. Splashes of white guano on the cliff ledges betray the presence of nesting seabirds. Fulmars glide and swoop over the edge of the cliffs which are also the haunt of ravens.*



- 1 Téigh sa tóir ar eolas maidir leis na daoine a bhí i mbun feirmeoireachta anseo 5000 bliain ó shin trí chuairt a thabhairt ar ionad Cuirteoirí Pháirceanna Chéide.

*Discover the story of the people who farmed here 5000 years ago at Céide Fields Visitor Centre.*

- 2 Déan iarracht an scríbhneoireacht ársa ar an gcloch oghaim 6.7 méadar (22 troigh) ar airde i reilig Dhún Fhíne a léamh.

*Decipher ancient writing on the 6.7 metre (22 ft) tall Ogham stone in Dhún Fhíne (Doonfeeny) graveyard.*

- 3 Tabhair cuairt ar Phondúireacht Ealaíon Bhaile an Gheanna i mBaile an Chaisil, agus is gearr go dtuigfidh tú gur foinse inspioráide d’ealaíontóirí é tírdhreach Mhaigh Eo.

*Explore how artists take inspiration from Mayo at Baile an Chaisil’s (Ballycastle) Ballinglen Arts Foundation.*



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