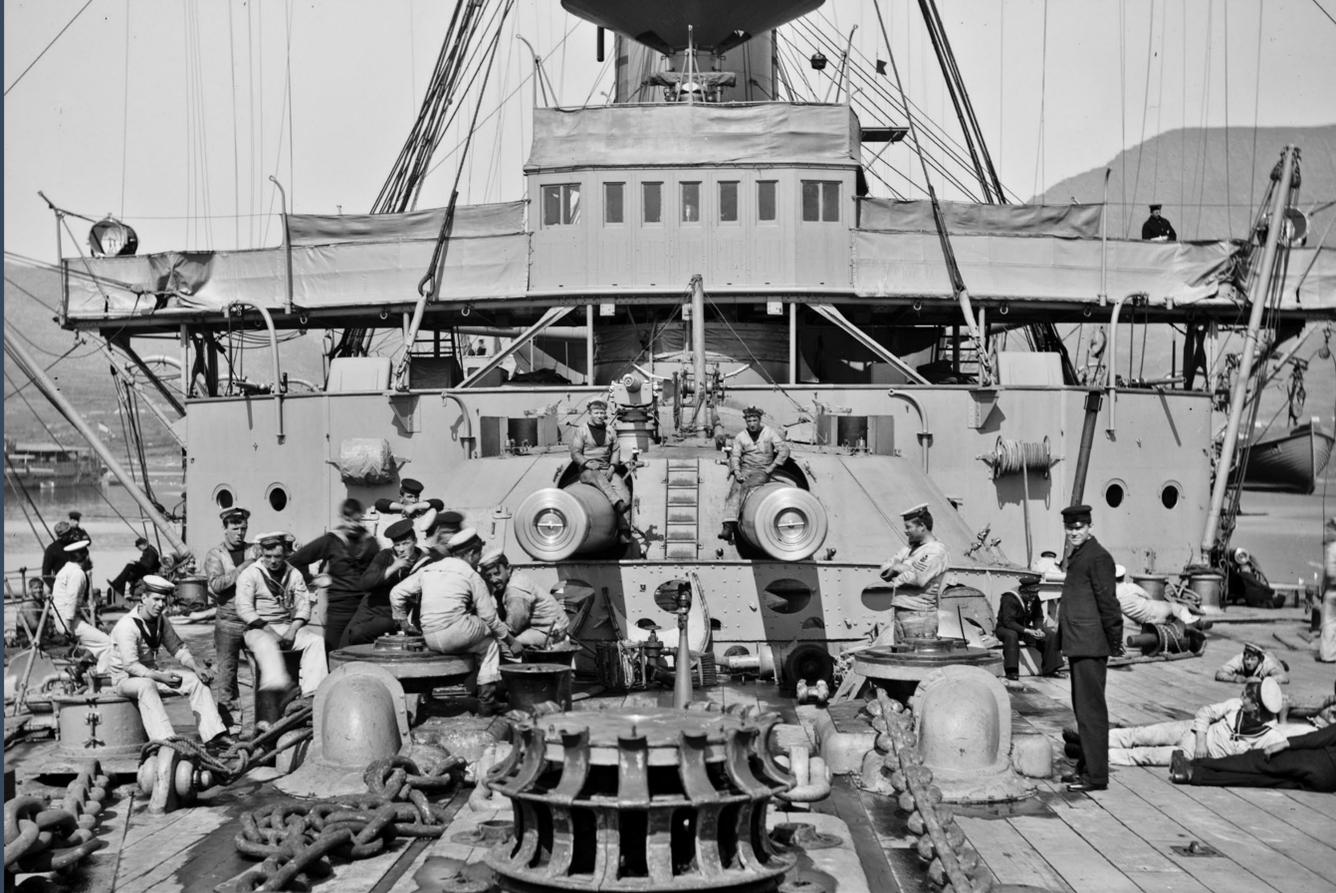




### Tearmann

### A safe haven



Sos á thógáil ag Seoltóirí ar bord loinge cogaidh de chuid na Stát Aontaithe ar ancaire i gCuan Bhaile an Chaisleáin  
Le caoinchead ó Leabharlann Náisiúnta na hÉireann  
Sailors relaxing aboard a US warship anchored in Berehaven Harbour  
Courtesy of National Library of Ireland

Tá slí bheatha á baint ag daoine anseo as an bhfarrage ón tréimhse réamhstairiúil i leith.

Water has been a way of life here since prehistoric times.

### Báid tarraingthe cois cé don gheimhreadh

I rith an tsamhraidh, chuaigh na Lochlannaigh ar aistear creachadóireachta ina longa fada: chuir siad fúthu ar an Oileán Mór don gheimhreadh. Is sampla uathúil é Cuan Phointe an Longfoirt, ar an gcladach theas, de longchlós a bhí in úsáid ag na Lochlannaigh nuair a bhí a mbáid á ndeisiú ar talamh.

### Hauled up for the winter

In summer the Vikings went raiding in their long ships: they settled for the winter on Bere Island. Lonehort Harbour, on the southern shore is a rare example of a shipyard where the Vikings took their boats out of the water for repair.

### An cabhlach a choinneáil i ndea-ord oibre

In 1898 bunaíodh crios míleata ag an gceann thoir den oileán chun Mórchabhach na Breataine i gCuan Bhaile an Chaisleáin a chosaint, áit a mbíodh longa cogaidh feistithe chun obair dheisiúcháin a dhéanamh. Cuireadh síneadh le ceann de na batairí gunna ó ré Napoléon chun Dún Phointe an Longfoirt a fhorbairt agus díog, beairicí, stóras lón lámhaigh agus túir faire ar a raibh soilse cuardaigh a thógáil. I dtreo dheireadh an Chéad Chogaidh Dhomhanda d'úsáid cabhlach na Stát Aontaithe an Dún chomh maith, agus ceaptar gur cuireadh tús le daorchluiche a imirt

### Defending the ships

In 1898 the east end of the island became a military zone to protect the British Grand Fleet in Berehaven Harbour where warships moored for maintenance. One of the earlier Napoleonic gun batteries was expanded to create Lonehort Fort with a moat, barracks, ammunition stores and watchtowers equipped with searchlights. Towards the end of the First World War the US navy also used the Fort, possibly introducing baseball to the island.

Cuan Phointe an Longfoirt  
Le caoinchead ó www.bearatourism.com  
Lonehort Harbour  
Courtesy of www.bearatourism.com



**1** Tabhair faoi lúb 5k a rith mórthimpeall cheann thoir an oileáin agus cuir tús leis an dúshlán anseo ag Lawrence Cove.  
Run a 5k loop around the east end of the island starting here at Lawrence Cove.

**2** Más spéis leat báidchlós agus tuama dingeach na Lochlannach tabhair faoi Shiúlóid Lúibe Phointe an Longfoirt.  
Visit the remains of a Viking boatyard and a wedge tomb on the Lonehort Loop Walk.

**3** Tabhair faoi Shiúlóid Lúibe Raerainn más spéis leat daingnithe míleata an oileáin a scrúdú.  
Explore the island's military fortifications on the Rerrin Loop Walk.

