

**Parish Pilgrimage** on Sept 16th following **Cosán na Naomh**, beginning at Ventry Beach car park (beside the mobile homes) at 10.30am and finishing at Kilmalkeader (14km; 5 hrs approx). This walk is on road and tracks but a reasonable level of fitness is required. Please bring suitable walking gear, snacks/liquids. To give us an idea of those attending registration is essential. Contact the Parish Office on 066 9151208 if interested. Please check here on the day before departure as important updates will be posted here.