

ST BRIGID & KILDARE

Despite its 1500 years of existence, Kildare town – one of Ireland's oldest towns – has a great many examples of physical heritage associated with Brigid. These, along with the stories and legends that abound about Brigid, Goddess or saint, make her the perfect subject for a trail.

Your starting point for the trail is the **Heritage Centre**, in the centre of Market Square. Here you will find all the help and information you need on Kildare, St Brigid and the route.

Solas Bhríde is a purpose-built centre dedicated to the spiritual legacy of St. Brigid and its relevance for our time. The centre, which is the home of the Brigidine Sisters, is a key stop on the trail. It hosts an annual St Brigid's festival, Féile Bríde, which commences on the eve of St. Brigid's Day, February 1st. For more on the festival visit www.solasbhríde.ie.

If you would prefer a guide on your trail, contact Solas Bhríde on info@solasbhríde.ie.

Most stops are free or require a small fee or donation. Have fun discovering Kildare and St Brigid!

SAINT BRIGID

(Brigid means 'exalted one')

St. Brigid is one of Ireland's best-loved Irish saints. She may owe at least some of her popularity to the fact that she inherited much of the folklore associated with a pre-Christian goddess of similar name. Though born in Faughart, Co Louth, around the year 453AD, she established her church and monastery close to an oak grove in Kildare, giving the town its name – Cill Dara, church of the oak. Unusually, it was a monastery for men and women. The legend surrounding the King of Leinster's grant of land for the project has it that he agreed to give her only what her cloak would cover. When she laid down her cloak, it spread out to encompass the whole of the Curragh Plains. Her feast day is 1st February.



Ireland's All Here...
into Kildare

KILDARE FAILTE

7th Floor Aras Chill Dara,
Devoy Park, Naas, Co. Kildare, W91 X77F, Ireland



into.kildare



[@intokildare](https://twitter.com/intokildare)

for more information visit intokildare.ie

SOLAS BHRIDE CENTRE & HERMITAGES

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KILDARE TOWN HERITAGE CENTRE

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ST BRIGID'S TRAIL

Step into the tranquility of Kildare

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intokildare.ie

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KILDARE TOWN HERITAGE CENTRE

Drop in, watch the films, talk to staff and brief yourself on Brigid's Kildare.

Opening times:

(Feb to Oct) Monday to Saturday: 9.30am–1pm and 2pm–5pm. Closed Sundays. No entry charge.

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ST. BRIGID'S CHURCH

The Catholic church was founded in 1833 and opened by Daniel O'Connell, the "Liberator". You can also drive this route. No entry charge.

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ST. BRIGID'S WELL

While away a peaceful hour at the two St. Brigid's well located close to Solas Bhríde. No entry charge.



50 mins from airport

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INFORMATION:

Email your queries to info@intokildare.ie or go to www.intokildare.ie

STAY:

Accommodation along Brigid's Trail
www.DiscoverIreland.ie

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ST. BRIGID'S CATHEDRAL

Walk 100m to the 5th century monastic site taking in the cathedral and ancient fire temple where a small fire is ritually lit on St. Brigid's Day. The flame was symbolically relit in 1993 and is now kept by the Brigidine Sisters at Solas Bhríde.

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SOLAS BHRÍDE

You will receive a warm welcome at the spiritual centre for peace and tranquility dedicated to St. Brigid and what she means in today's world. No entry fee; donations welcome. (1.5km walk)

EAT AND DRINK:

Enjoy a taste of Kildare! Sample locally brewed Brigid's Ale in Boyle's Bar on Market Square and the delicious food available in the town's cafes and restaurants.

MEMENTOS:

Available for purchase at Solas Bhríde, Kildare Heritage Centre and Newbridge Silverware.