

## ST BRIGID AND 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 about Brigid, goddess and Saint, contribute to the popularity and relevance for today.

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](http://www.solasbhríde.ie).

If you would prefer a guide on your trail, contact Solas Bhríde on [info@solasbhríde.ie](mailto: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. St. Brigid's birthplace is disputed. Local tradition holds that she was born in Ummeras, Co. Kildare, while others suggest Faughart, Co. Louth as her birthplace.

St. Brigid 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 states 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, which was originally known as Brigid's Pastures.



*Ireland's At Here...*  
**into Kildare**

### CO. KILDARE TOURISM BOARD



into.kildare



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for more information visit [intokildare.com](http://intokildare.com)

### BOOK TOURS WITH SOLAS BHRÍDE CENTRE & HERMITAGES

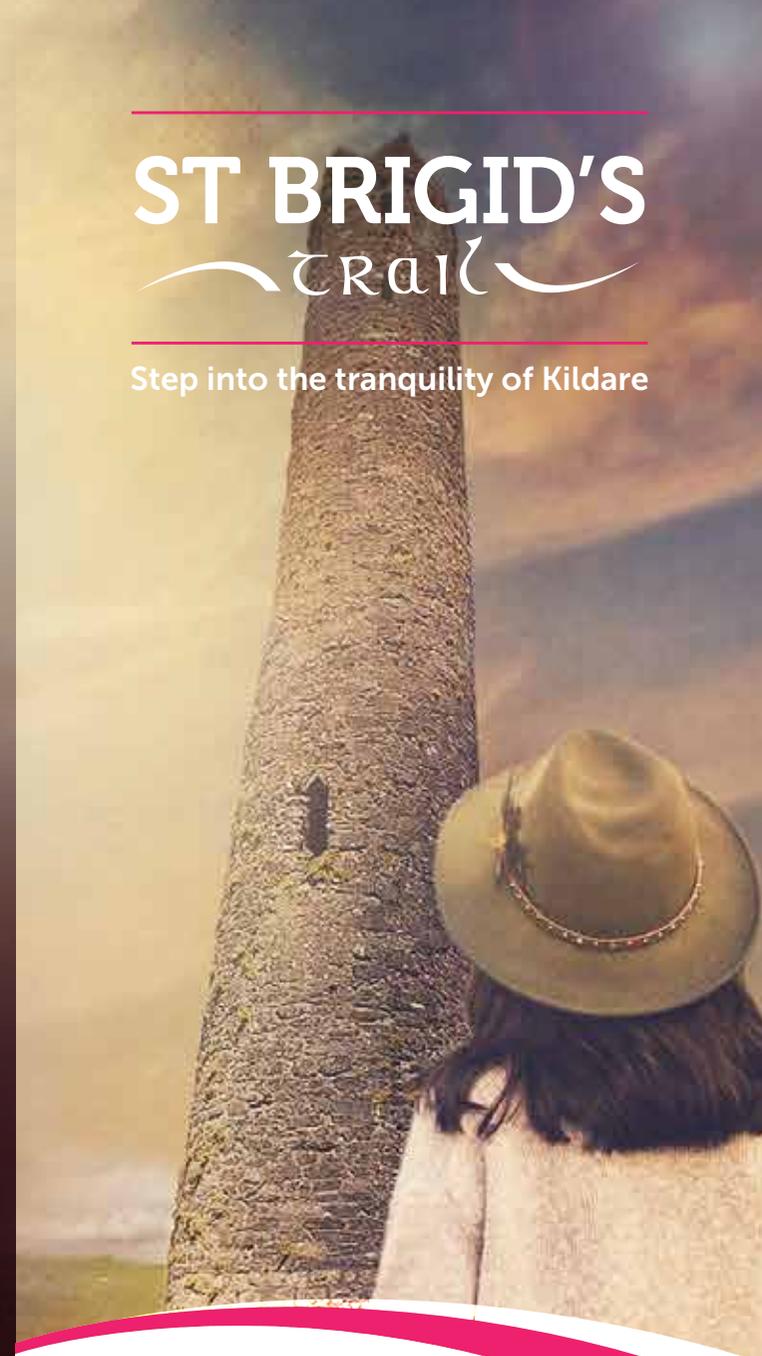
Tully Road, Kildare Town, Co. Kildare, Ireland.  
+353 (0)45 522890 | [info@solasbhríde.ie](mailto:info@solasbhríde.ie)

### KILDARE TOWN HERITAGE CENTRE

Market Square, Kildare Town, Co. Kildare, Ireland.  
+353 (0)45 530672 | [info@kildareheritage.com](mailto:info@kildareheritage.com)

# ST BRIGID'S TRAIL

Step into the tranquility of Kildare



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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:

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

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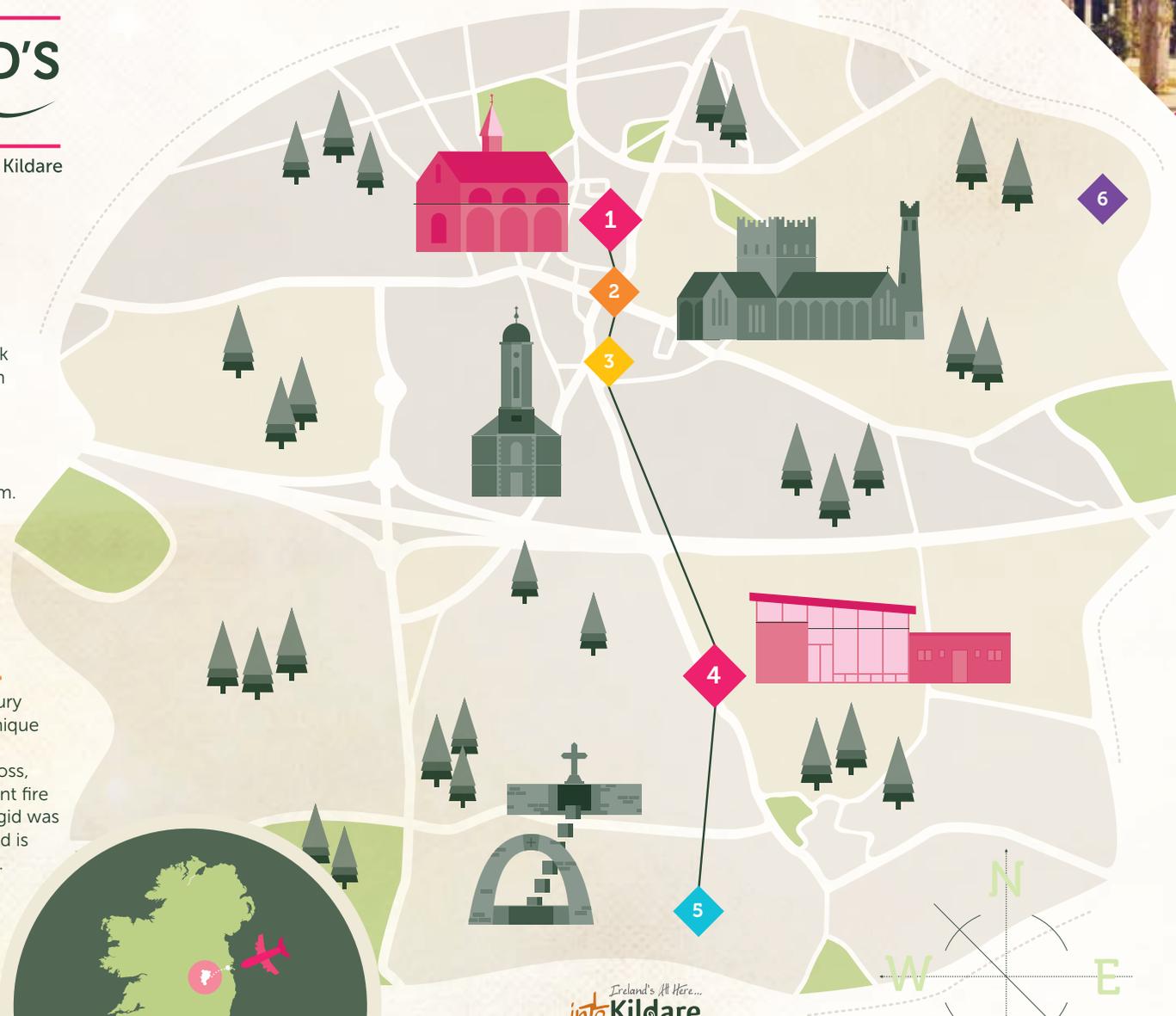
## ST. BRIGID'S CATHEDRAL

Walk 100m to the 5th Century monastic site. Explore its unique 13th century cathedral. The environs include a Celtic cross, a round tower and an ancient fire temple. The flame of St. Brigid was symbolically relit in 1993 and is now tended at Solas Bhríde.

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## ST. BRIGID'S CHURCH

This Catholic church was opened in 1833. You may want to spend some quiet time here. The church has an original icon of St. Brigid and other features associated with the Saint.



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### STAY:

You will find a wide range of accommodation options along St. Brigid's Trail

### INFORMATION:

Email your queries to [info@intokildare.ie](mailto:info@intokildare.ie) or go to

[www.intokildare.com](http://www.intokildare.com)

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## SOLAS BHRÍDE

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

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## ST. BRIGID'S WELLS

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

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## ST. BRIGID'S PASTURES

If you are feeling energetic, why not take a short walk out onto the Curragh Plains, also known as St. Brigid's pastures and take in the healing.

### 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.

