

*Raise my hand,  
that I may  
bless my monks.*



*Higher still  
that I may  
Bless the  
Land of Eire*

*And all I love there,  
My oakgrove and my children.*

Situated 25km from Letterkenny, Co. Donegal, the Fanad peninsula lies between Mulroy Bay and Lough Swilly. This stunning landscape is steeped in cultural and spiritual history dating back to St. Colmcille in 521 AD and before.

There are very strong historical links between Fanad and St. Colmcille. In Dr. Brian Lacey's most recent research in 2013, St. Colmcille's Mother, Eithne, is thought to originate from the Corpraige of the Fanad peninsula.<sup>1</sup> The O'Friel family claim to be among his closest blood relatives.

As a visitor to this locality, the journey from Kerrykeel and all around the Fanad peninsula will give you the opportunity to explore the culture, heritage and beauty of the Parish of Clondavaddog with particular reference to St. Colmcille and his wonderful spiritual legacy.

Most of the information in this brochure has been collated from a selection of stories written by the children of the Parish in the 1930's as documented in the Dúchas Schools Folklore Collection. The brochure chronicles much of the written folklore/bealoideas of our ancestors here in Fanad along with other written references pertaining to St. Colmcille and his link with various townlands in the Fanad Peninsula.

For local people, it is envisaged that this work will rekindle conversations about St. Colmcille. It is hoped that the many unwritten stories about the saint may continue to be told in the homes of our parish.

This special year celebrating the 1500th anniversary of the birth of St. Colmcille will ensure that Guth Colmcille/St. Colmcille's voice will resonate once more with his beloved people here in the Parish of Clondavaddog, Fanad, and beyond, for years to come.

For a list of corresponding sources to the footnotes contained herein please refer to:

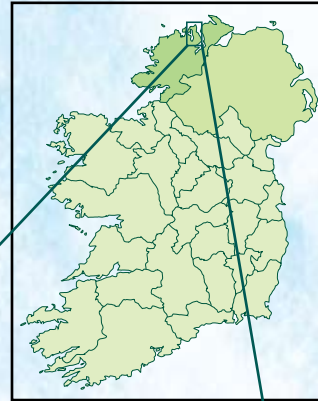
[www.stmarysfanavolty.com](http://www.stmarysfanavolty.com)



St Mary's Fanavolty and  
St Columba's Massmount

## Directions

- From Letterkenny take the R245 to Ramelton and onto Milford.
- Then turn right onto the R246 to Kerrykeel.
- In the village turn left, cross the bridge and you are now on the Fanad Peninsula.



# GUTH COLMCILLE

The Voice of St. Colmcille  
in the Parish of Clondavaddog  
Fanad

# Coiscéimeanna Naomh Colmille

## St. Colmille's Footsteps



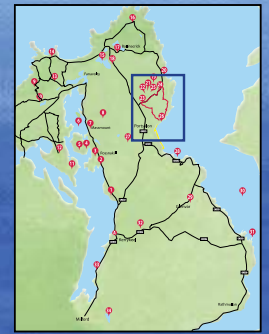
<b>The Colmille Way</b>		<i>The red walk</i>
8.2km	Moderate to difficult	Starts and finishes at Portsalon car park. Point 26 - 55.20562, -7.63507
<b>The Eithne Way</b>		<i>The green walk</i>
6.9km	Moderate	Starts and finishes at Portsalon car park. Point 26 - 55.20562, -7.63507
<b>The Columba Way</b>		<i>The yellow walk</i>
3km	Moderate	Starts and finishes at the St. Colmille's well / The Turas. Point 24 - 55.22683, -7.62257

These loop walks pass through townlands which have an abundance of information pertaining to St. Colmille. Take the time to travel this unique environment noticing the beauty of the landscape whilst immersing yourself in the tranquility of this countryside.

At St. Colmille's well, pause to 'Make the Turas' in this ancient and revered holy place. The well is renowned for its healing power through the intercession of St. Colmille. This walk is a reminder of St. Colmille's love of God and nature and will provide sustenance for mind, body and soul. St. Colmille's last written text was from psalm 34; "There shall be no lack of all good things to those who seek the Lord from the heart."<sup>28</sup>

**Why not challenge yourself to do each walk over the course of the year?**

Upon completion of each part please forward your name, address and email and we will send you a certification of achievement. [guhcolmille@gmail.com](mailto:guhcolmille@gmail.com)



All mapped walks are via public roads, are colour coded and are sign posted.

A less strenuous alternative of these walks may be completed by following the routes in the opposite direction.

*Sean M. O'Sullivan*