



# The Spirit of Woods & Water

**14 August, 2pm - 5pm**  
**Ted Cook & Sister Mary**

Nano Nagle Convent for Spirituality and Ecology, Kilavullen, Mallow, Co. Cork

A guided tour via the '*cosmic walk*' proceeding along the banks of Blackwater River - exploring the river riparian and aquatic wildlife. We will plant an appropriately provenanced tree and proceed through old Kilavullen village to the nearby Beech tree lined avenue to Carrigcunna Castle - medieval seat of the De Naglo Family.

**Guide Dogs Only.**

**Meet at the Convent Carpark at 2pm**

*Light refreshments*



**Cork  
County Council**  
Comhairle Contae Chorcaí



**Cork  
Environmental  
Forum**