

GRISTON BOG

2026 EVENTS

Ballylanders, Co. Limerick



Griston Bog is owned and managed by Ballyhoura Heritage and Environment, a charitable organisation. CHY 19497



GristonBog



gristonbogballylanders



063 91300



reception@ballyhoura.org

Nature's Rhythms is funded by Creative Ireland and Limerick City and County Council through Limerick Creative Communities Programme 2026.



Clár Éire Ildánach
Creative Ireland
Programme



Creative
Communities

Other events are supported by the Boss Murphy Community Fund and Limerick's Biodiversity Officer and National Parks and Wildlife Service's Local Biodiversity Action Fund.



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreacht
Department of Housing,
Local Government and Heritage

Welcome

to a fun filled 2026 programme of wildlife, music, art workshops and events at Griston. These events are free of charge thanks to the work of our volunteers, the support of CE participants, kind donations and grant supports. Some events require booking and details are provided with the listing. Please check our social media pages for the latest updates as events may be subject to change due to weather etc.

As a fully volunteer led, community based charity, we rely on the support of volunteers (see back page) and the local community. If you value the bog and would like to help sustain this community run nature reserve for today and for future generations, donations can be made at [idonate.ie/swift/gristonbog](https://www.idonate.ie/swift/gristonbog).

John Kennedy

Chairperson

Ballyhoura Heritage and Environment



GRISTON BOG

MAY



International Dawn Chorus Day at Griston Bog **Sunday 3rd May - meet at 5am**

Enjoy the Dawn Chorus and learn which birds are singing- guided by *Anthony Mee*. Bring binoculars if you have them. FREE EVENT thanks to support from the Boss Murphy Community Fund.

Bog Cotton - a Nature's Rhythms art workshop **Thursday 14th May 11am - 1pm**

The bog cotton is in full bloom. Come and cast a beautiful botanical imprint using clay, plaster and wild plants - facilitated by Audrey Parent. Booking essential T. 089 972 3535. FREE EVENT.

An Evening of Wildlife on the Bog **Friday 29th May 9pm - 11pm**

Using bat detectors and special lights for moths we will explore life on the bog at night as summer gets into its swing. Led by Albert Nolan, a Heritage in Schools Specialist. Suitable for all the family. Bring a torch! Supported by the National Parks and Wildlife Service's Local Biodiversity Action Fund. FREE EVENT.

JUNE

Butterflies, Dragonflies and other Delights **Sunday 14th June at 11am**

Learn to identify Butterflies, Dragonflies and other wildlife on a Sunday walk with *Michael Quirke*, Limerick branch of Irish Wildlife Trust. FREE EVENT supported by the Boss Murphy Community Fund.



Fraughan, Whorts or Bilberry- a Nature's Rhythms art workshop **Thursday 18th June 3pm - 5pm**

Botanical plaster casting with *Audrey Parent*. Use clay, plaster and plants, to capture the flowering of the Fraughan and other plants on the bog. Booking essential T. 089 972 3535. FREE EVENT.

 JULY
Game Testing - Rana! - a brand new board game.**Saturday 11th July at 2.30pm**

Be a tester for a brand new board game, informed by science, with *Rob O'Sullivan* from the Herpetological Society of Ireland. Rana sees players take on the role of tadpoles trying to avoid predators. This fun, frantic and fast-paced game is easy to learn but hard to master. Suitable for age 10+ but interested younger children may play with assistance. Booking essential T. 087 774 7058. FREE EVENT.

 AUGUST
Ballylanders Pattern Festival - Nature's Rhythms!**Sunday 16th August from 12pm - 4pm**

Be inspired by nature in playful and fun drumming with *Patrick Naughton*. No experience needed. This will be followed by a **Trad Music Trail**, **Art Exhibition** and **tea and sandwiches** on the bog. Parking is limited, so walk down if you can. Enjoy this Pattern Festival and Heritage Week celebration. Booking for drumming T. 087 264 5952. FREE EVENT.

- **12pm Family Drumming Circle** (45 min)
- **1.30pm Teens and Adults Drumming Circle** (45 min)
- **2.15pm A short performance - a fusion of Sean nós dance and African drumming** with *Ciara Flanagan* and her dancers and *Patrick Naughton*.
- **2.30pm Trad Music Walking Trail** with *Ballyhoura Comhaltas*

**Walking, Nature and Health - a Heritage Week Lecture at Griston Bog**
Sunday 22nd August at 2.30pm

Dr Danny Forde, UCC, will present this special lecture on why walking has such a powerful effect on us. He will draw together insights from philosophy, ecology and contemporary ideas about ecotherapy to explore how walking can restore our attention, ease anxiety and help us feel part of something larger than ourselves. FREE EVENT supported by the Boss Murphy Community Fund.

SEPTEMBER



Wildlife at Night

Saturday 5th September 7-9pm

Albert Nolan returns with bat detectors and lights. As autumn approaches, bats are singing their mating songs and moths are adjusting their camouflage to autumn colours. Hands-on and suitable for all the family. Bring a torch. Supported by the National Parks and Wildlife Service's Local Biodiversity Action Fund. **FREE EVENT.**

The Last of the Blooming Heather - a Nature's Rhythms art workshop

Sunday 13th September 3-5pm

This plaster-casting workshop with *Audrey Parent* will be an opportunity to cast imprints of ferns, autumn leaves and the last blooms of heather using clay and plaster. Booking essential T. 089 972 3535 . **FREE EVENT.**

OCTOBER



Fungi and Lichens of Griston Bog

Sunday 18th October 11am -1pm

Learn to recognise some of the fungi and lichens that occur in the different habitats found at Griston Bog on a walk led by *Tom Harrington*, Limerick Branch of Irish Wildlife Trust. **FREE EVENT** supported by the Boss Murphy Community Fund.

VOLUNTEERING AT GRISTON BOG

Interested in volunteering for an hour or two a month? Contact T. 087 314 9215. Different roles to suit everyone!

- Helping with bird and butterfly surveys
- Helping meet and greet and serve teas
- Taking photos through the seasons for social media
- Walking the nature reserve regularly
- Helping with simple conservation management
- Fund raising

WALKING AT GRISTON BOG



Visit often and experience the beauty and tranquility. A new picnic area has recently been installed, inviting you to relax and stay a little longer. **PLEASE keep dogs on the lead and pick up and take dog waste home for disposal.** Thank you for your kind consideration.

