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Shock tactics
Entertain the kids
over midterm with
some frightful fun

Memories of Maynooth

Fifty years after graduation, the men who trained as seminarians in 1966 talk to Kathy Sheridan **A thousand words** Photographer Eric Luke looks at Irish life over four decades

CLEW BAY INSPIRATION

Autumn is the perfect time for a creative getaway, and the beautiful Wild Atlantic Way offers lots of inspiration. Following a recent restoration, Killadangan House in Westport, Co Mayo, is being launched as a residential centre, with courses and programmes in activity, health and learning.

Sitting in the shadow of Croagh Patrick, the centre offers both pre-designed and bespoke programmes – from watersports and languages, to psychotherapy and massage – for groups of five to eight adults. Upcoming programmes include genealogy, health/strength and nutrition, and the well-being-orientated Alexander technique.

As a sister project to the Clare Island Lighthouse, Killadangan House is a sanctuary-style residence. The cosy sittingroom and panoramic views over Clew Bay will inspire as surely as they relax. killadanganhouse.com

Gráinne Loughran