

# Dublin

## SMART TOURISM GUIDE



National Leadership Local Support

# *Smart Tourism Guide*



This publication is a product of the “Smart Tourism” European Project 2011 - 2013.

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This publication was produced by Down Syndrome Ireland’s National Advisory Council.

The National Advisory Council is a committee of twelve adults with Down syndrome from across Ireland who represent the voice of people with Down syndrome within Down Syndrome Ireland.



# Dublin

## SMART TOURISM GUIDE



Down  
Syndrome  
Ireland

National Leadership Local Support





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Welcome



## Where is Ireland?

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Ireland is part of Europe.

Ireland is an island country.

An Island country is surrounded by water only.

The red arrow points to Ireland on the map.







Ireland is made up of four parts called provinces.

The four provinces are:

- *Ulster*
- *Leinster*
- *Connaught*
- *Munster*

Part of **Ulster** is called **Northern Ireland**.

Northern Ireland is part of **Great Britain**.

The rest of the island is called the **Republic of Ireland**.



# Dublin

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Dublin is the capital city of Ireland.

This means that the government meets in Dublin.

Look at the map.

The red arrow shows where Dublin is.

## The Climate:

The weather in Ireland is mild and changes a lot.

## Population:

1.1 million people live in Dublin.

## Currency:

The Euro is the type of money we use in Ireland.



## Language:

Ireland has two languages.

Most people in Ireland speak the English language.

Some people also speak Irish in Ireland.

People speak Irish in parts of Ireland called

**Gaeltacht** areas.

A **Gaeltacht** is a place where people speak Irish.

There are Gaeltacht areas all over Ireland.

Connemara in Galway is a big Gaeltacht area.

Place names and signs around Ireland are in both languages.



## Public Holidays

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There are ten public holiday days in Ireland.  
Some businesses are closed on public holidays.

**Saint Patrick's Day** is a famous public holiday all over the world.

The 17th of March every year is called Saint Patrick's day in Ireland.

Tourists from all over the world come to see the parade in Dublin on Saint Patrick's Day.



## Public Holidays in Ireland

**New Year's Day** - January 1st.

**Easter Monday** - the Monday after Easter Sunday.

**May Holiday** - the first Monday in May.

**June Holiday** - the first Monday in June.

**August Holiday** - the first Monday in August.

**October Holiday** - the last Monday in October.

**Christmas Day** - December 25th.

**St. Stephen's Day** - December 26th.

In Ireland, Good Friday is like a public holiday because many businesses close.

# Useful Information





**The Time Zones:** Greenwich meantime (GMT)

**Plugs:** Ireland uses different plugs to most of Europe.

So you will need an adaptor to plug in your electrical things like phone chargers and hair dryers.

You can buy an adaptor in the airport.

**Clothes:** The weather in Ireland can change a lot in one day!

Make sure to bring an umbrella with you because it might rain.



**Traffic:** In Ireland, traffic drives on the left. This is not the same as most of Europe, so make sure to look carefully when crossing roads.

**Emergencies:** If you are lost or in trouble, policemen in Ireland are called Garda. They wear dark blue uniforms with Garda written on the back. They also often wear a bright yellow jacket, this will also have Garda written on the back. They are usually friendly and don't carry guns.





**Your Embassy:** The embassy is a building where a group of officials work to represent their government in a foreign country.

The most important person in an embassy is called an **ambassador**.

You will need your embassy if you lose your passport.

In your embassy there will be people who can speak your language, and can issue emergency documents such as passports.

# Transport and map





**Dublin Tour - Hop-on-Hop-off:** This bus takes you all over Dublin city.

This is a great way of travelling around the city to see all the sights

The price of a ticket is €16 and you can use the ticket for two days.

You can listen to the tour in your language using earphones.



**Aircoach:** The aircoach is a bus you can get from the airport to all big hotels in the city and South Dublin.

## PRICES



€7 for a single ticket

€12 for a return ticket.



**Dublin Bus:** Dublin bus is a public bus system in Dublin.

You buy your ticket on the bus.

The website is:

[www.dublinbus.ie](http://www.dublinbus.ie)



**Taxi Service:** Taxis are available wherever you are in the city.

The prices for a taxi are available on

[www.dublincity.ie](http://www.dublincity.ie)

# DART COMMUTER



DART	Commuter	LUAS Red Line	National Bus Connections	Airport Connection
Ferry Connection	Intercity Rail Connections	Luas Connections	Feeder Bus Routes (Number)	<b>irishrail.ie</b> For further information

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**The DART:** In Dublin, the electric rail system called the DART is a quick and easy way to get around Dublin.

It runs along the coast of the Irish Sea from north County Dublin to Greystones in Co. Wicklow.

You buy your DART ticket in the station before you get on the train.

You don't need to get it stamped.

You have to buy the ticket on the same day that you use the train.

For more information see this website [www.irishrail.ie](http://www.irishrail.ie)



## The Luas Map

Remember to always check the direction the Luas is travelling in.



**The LUAS:** The LUAS in Dublin is made up of two tram lines.

The GREEN tram line and the RED tram line.

You can buy your LUAS ticket using the self-service machine where the Luas stops.

You have to buy your ticket before you travel.

The map shows the travel route of both lines.

A shared Dublin bus and Luas ticket can be purchased at the Luas stop.

## PRICES



Day ticket: € 7.80

7 day ticket: € 31.50



# Where to eat and sleep





There are many places you can eat out in Dublin.  
There are many restaurants, coffee shops and pubs to eat out in.

## The Menu at a Glance

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**Bewley's** on Grafton Street

### PRICES



Tea/Coffee: € 3.20

Soup and sandwich: € 12

Pizzas: € 13

Pastry/Cakes: € 2.25 - € 6

Salad: € 8.50



## The Menu at a Glance

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### **Nancy Hands Bar and Restaurant**

Parkgate Street, Dublin 8.

### **PRICES**



Seafood Chowder: € 7.00

Soup of the Day: € 4.50

Nachos: € 6.25

Wrap with fries: € 8.50

Steak: € 21.95

Dessert: € 4.00

# Traditional Irish Food and Drink

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## Food

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**Boxty** is a potato pancake

**Champ** is mashed potato, scallions, butter and milk.

**Colcannon** is mashed potato, kale or cabbage and butter.

**Coddle** is pork sausage, bacon and potato.

**Soda Bread** is yeast free bread.

**Dulse** is edible seaweed.

**The Full Irish** is a breakfast of eggs, bacon, mushrooms, sausage, black and white pudding and fried tomato.





## Alcohol

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**Whiskey** Types of whiskey are Jameson, Paddy, Bushmills.

**Porter (dark brown beer)** Types of porter are Guinness, Murphy's and Beamish.

**Red Ale** Types of red ale are Smithwicks. Lager and Harp

**Irish Coffee** is made with black coffee, whiskey and whipped cream.

**Irish Cream** is a cream liqueur based on Irish whiskey, cream and coffee, such as Baileys.

**Poitin** is a very strong whiskey made from potatoes. You cannot buy Poitin.

## Non-alcoholic drinks

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Irish Breakfast tea.

Red Lemonade.

## Hotels

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There are many good hotels in Dublin.

You will get a great welcome in Dublin.

Enjoy your stay!

Here is a list of some popular hotels:

### **Jurys Inn**

Parnell street, Dublin 1

### **Jurys Inn**

Christchurch, Dublin 2.

### **Gresham Hotel**

O Connell street, Dublin 2

### **Bewley's Hotel**

Merrion Road, Ballsbridge, Dublin 4.

### **The Ashling Hotel**

Parkgate street, Dublin 8 (On red luas line)

### **Clarion Hotel**

IFSC (On red Luas Line)

### **Maldron Hotel**

Cardiff Lane, Dublin 2

### **Maldron Hotel**

Smithfield, (On Red Luas Line)

# History







In 837 a fleet of 65 ships were spotted, docking at Dubh Linn (today Dublin) meaning ‘Black Pool’.

The Vikings had arrived.

During the middle ages, the people living in Dublin city were either free or non-free citizens.

Free citizens had rights.

There were records of the free and non-free.

Dublin became the centre of English power after the Norman invasion.

In 1591, Queen Elizabeth the first grants a charter for Trinity College.

In 1685, Dublin gains its first newspaper.

In 1800, the population grew to 180,000 people after many **plagues** over the past 200 years.

A **plague** is when a disease spreads and kills many people.

Conditions in Dublin improved during the 19th Century.

During the 20th Century, Ireland fought hard for independence.

The **Easter Rising** took place on April 24<sup>th</sup>, 1916 at the General Post Office on O'Connell Street.

On that day Patrick Pearse announced Ireland as an Irish Republic, free from British rule.



There was a terrible war in 1922

Many buildings were destroyed.

Many people were killed.

It took many years to repair the buildings in Ireland.

Dublin began to focus on arts and culture.

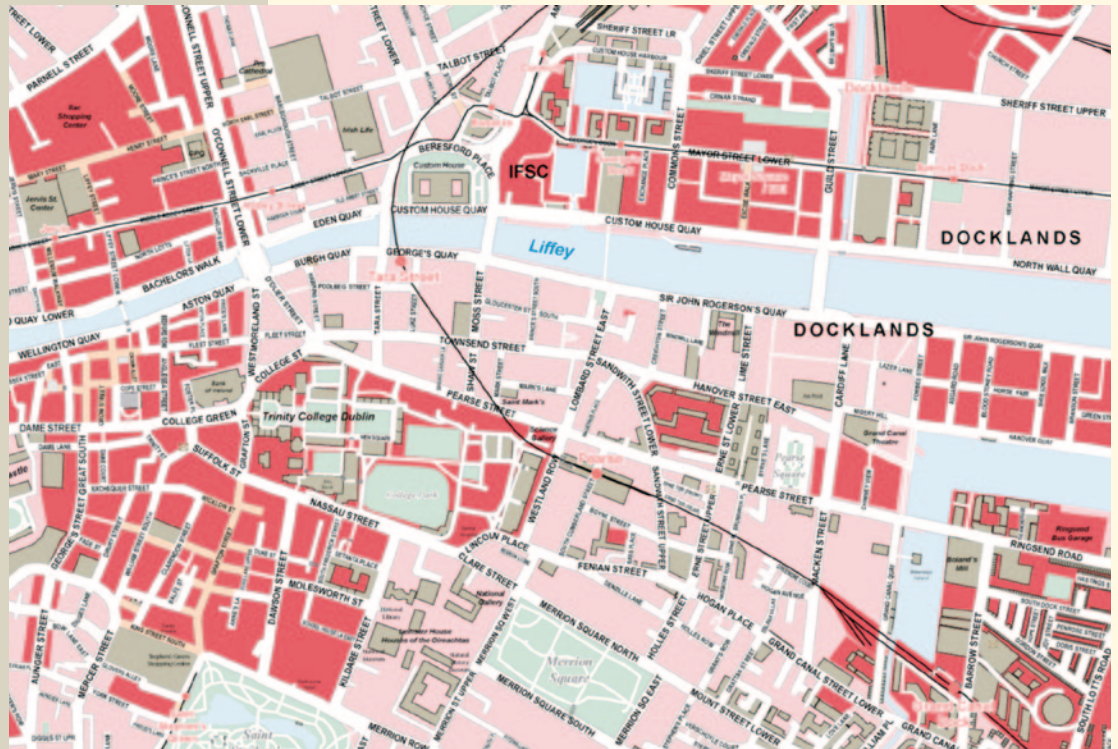
The Abbey Theatre opened in Dublin in 1904.

Today Dublin is a **multicultural** city.

The city has a lot of history and interesting landmarks.

**Multicultural** means lots of different cultures.

# Map of the City



© OpenStreetMap contributors, CC BY-SA

**Top 10  
things  
you must  
see**



Dublin is one of the top ten city break destinations in Europe.

Here are the top ten things you must see:

### **1. Trinity College**

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Trinity College is the oldest university in Ireland. It was founded in 1592 by Queen Elizabeth the first.

Trinity College is in the city centre in Dublin. You can view the Book of Kells and see an Irish harp.

There are more than 200,000 books in the Trinity library.

Trinity College is on College street, Dublin 2.

### **OPENING TIMES**



The opening hours are Monday to Saturday from 9 in the morning until 5 in the evening.

### **PRICES**



Adults: € 9

Students: € 8

Group rates are also available.

## 2. Temple Bar

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Temple Bar is called Dublin's Cultural quarter.

Temple Bar is in the centre of the city.

You can see Dublin's oldest pedestrian crossing; the Ha'penny Bridge in TempleBar.

Temple Bar has many narrow cobbled streets.

Temple Bar is full of shops, restaurants, and cultural events.

Markets are held in Meeting House Square.

Films are sometimes screened in Temple Bar during the summer.







### 3. Christchurch Cathedral

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Christchurch Cathedral is a very old and famous church in Dublin.

It has been a place for people to pray for almost a thousand years.

The crypt is the oldest structure in Dublin.

You will find Christchurch in Dublin 8.

## OPENING TIMES



June, July and August:  
9 in the morning until 7 in the evening.

April May, September and October:  
9.30 in the morning until 6.30 in the evening

November to March:  
9.30 in the morning until 5.30 in the evening

## PRICES



Adults: € 6

Child: € 2

Student: € 3



#### 4. The Guinness Storehouse

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The Guinness Storehouse is the most popular tourist attraction in Ireland.

The seven-storey building is in the shape of a giant pint of Guinness.

On the tour you will learn everything about the world famous Irish beer.

At the end of the tour you can enjoy a free pint of Guinness in Gravity Bar.

In Ireland we call Guinness **‘the black stuff’**

You will find the Guinness Storehouse on Saint James’s street, Dublin 8.

## OPENING TIMES



It is open every day from 9.30 in the morning until 5 in the evening.

In July and August it opens from 9.30 in the morning until 7 in the evening.

## PRICES



Adults: € 15

Student: € 11,

Senior Citizen: € 11

Children 6 – 12 years: € 5

Children under 6 have free admission.



## 5. Croke Park

The Gaelic Athletic Association is called **GAA** for short.

The **GAA** is the biggest sporting organisation in Ireland.

Croke Park stadium is the headquarters of the GAA. Hurling and **Gaelic football** matches are played in Croke park.

Hurling and Gaelic football are national sports in Ireland.



Hurling



**Gaelic Football**

During your visit to Croke Park, a tour guide will bring you to:

- the dressing rooms
- pitch side
- the media centre at the top of the stadium.

Croke Park can hold 82,000 people.

It is also a very popular concert venue.

You will find Croke Park on Saint Joseph's Avenue, Dublin 3.

## OPENING TIMES



July to August, from 9 in the morning until 6 in the evening.

## PRICES



Adults: € 12

Children: € 8

Students: € 9

Senior Citizens: € 9



## 6. O'Connell Street

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O'Connell Street is the main street in Dublin.  
O'Connell Street is one of the widest streets in Europe.

The street stretches from Parnell Street to O'Connell Bridge.

You will see the spire in O'Connell Street  
The spire is a landmark which is 120 Metres.  
It is across from the GPO.  
O'Connell Street is a big shopping area.





## 7. The Garden of Remembrance

This beautiful garden was designed by Daithi Hanly. The garden is dedicated to the memory of the people who died for Irish freedom.

There is a sculpture in the garden based on the **Irish legend**, 'The Children of Lir'.

An **Irish Legend** is a story in history that most people believe to be true but all parts of the story are not always true.

The garden is a place of peace.

The garden is open all year and admission is free.

You will find The Garden of Remembrance at Parnell Square East, Dublin 1.

## 8. The National Botanic Gardens

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The National Botanic Gardens are more than 200 years old.

These gardens contain:

- a rock garden
- an arboretum
- a large pond
- a lot of decorative plant life.

The gardens are in Glasnevin, Dublin 9.



## OPENING TIMES



The Botanic Gardens are open all year round, except Christmas day.

## PRICES



Admission is free.

A guided tour costs € 2

There are free guided tours on Sunday at 2.30 in the afternoon.



## 9. The National Museum of Ireland

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The National Museum of Ireland is a zoological museum with animals from all over the world. On the bottom floor you will see a variety of animals found in Ireland.

You will also see the skeleton of a giant deer, which is now **extinct**.

**Extinct** means died out.

## OPENING TIMES



Tuesday to Saturday: 10 in the morning until 5 in the evening.  
Sunday: 2 in the afternoon until 5 in the afternoon.  
Closed all day Monday.

## PRICES



Admission is free.  
A tour costs € 2 per person.

## 10. Number Twenty Nine

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Number Twenty Nine is a restored middleclass house of the Georgian era of Dublin city.

In the museum you can see the furniture from a typical comfortable home in Dublin more than 200 years ago.

The tour takes you from the basement right up through the house to the attic.

There is a collection of objects, paintings and furniture.

You will find Number Twenty Nine on 29 Fitzwilliam Street Lower, Dublin 2.

## OPENING TIMES



Are Tuesday to Saturday from 10 in the morning until 5 in the evening.  
Closed on Sunday and Monday.

## PRICES



Adults: € 6  
Student: € 3  
Senior Citizens: € 3

# Two walking tours around Dublin





Here are two walking routes around Dublin city.

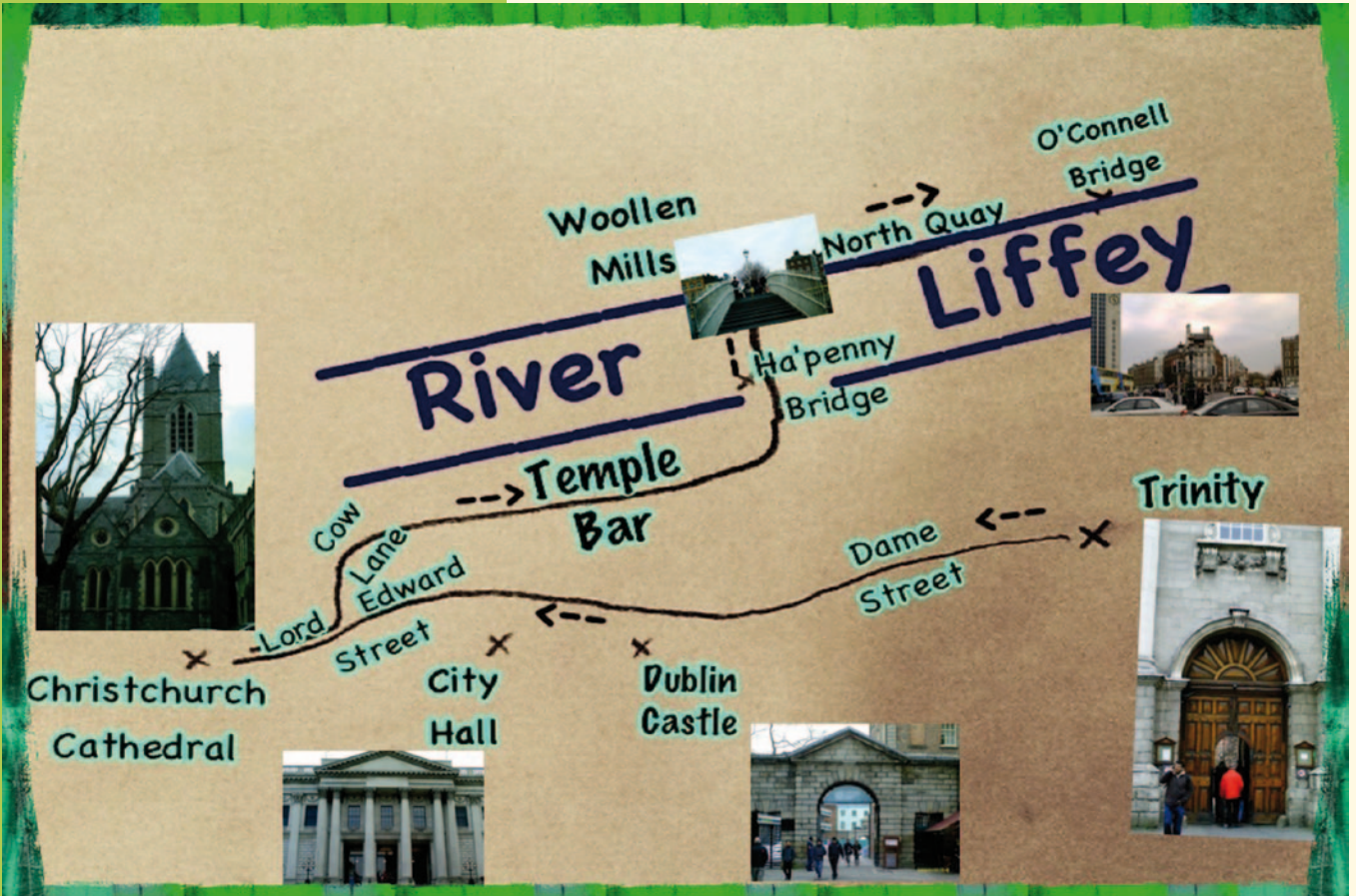
### **Walking Tour 1**

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The first route is a stroll around the city.

You will see some very interesting landmarks and walk across the oldest bridge in Dublin called the Ha'penny.

The walking tour takes one hour.





## Walking Tour 1

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- 1.** Begin at the General Post Office in O'Connell Street.
- 2.** Note the Spire monument in the centre of the street.
- 3.** Walk towards O'Connell Bridge.
- 4.** Cross the bridge.
- 5.** Walk down Westmoreland Street.
- 6.** Cross at the traffic lights at the Central Bank to Trinity College.



7. Walk through the main gate of Trinity College.
8. You can visit the Book of Kells here among other interesting treasures, (The queue can be quite long during summer months).
9. Exit through the main gate.

Cross over at the traffic lights outside Trinity College. You will see the Grafton Street sign above 'James Fox' business.

Turn left.



10. Look out for the famous Molly Malone statue on the footpath.

Molly Malone sold fish on the street. She was made famous in the song 'Cockles and Mussels'.



**11.** Cross over at the traffic lights and you are now entering Grafton Street.

Here you will see the famous café Bewley's on the right hand side.



**12.** At the top of Grafton Street, end your walking route by crossing over to Saint Stephen's Green to view the best known Victorian public park.

This park is a beautiful place away from the busy city streets.

There are lunchtime concerts during the summer months.

It is the perfect spot for a picnic if the sun is shining!  
You can buy your lunch in any of the local shops on Grafton Street.



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

If you would like to explore the city further at this point, The Viking Splash tour begins at Saint Stephens Green.

This tour is great fun.

You will see more sights throughout the city.

The Viking Splash ends at the Dublin docklands.

You will find a person selling tickets for Viking Splash, outside Saint Stephen's Green Park to the left of the entrance.

### PRICES



Adults: € 20

Children (12 and under): € 10

Student/Senior: € 10

## Walking Tour 2

The second walking route brings you around Dublin through the ages from Dublinia when the Vikings came to the present day.

This walking tour takes one hour and thirty minutes.



## Walking Tour 2

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1. Start this tour at Trinity College.
2. With the Central Bank to your right hand side, continue walking up Dame Street.



3. The first place of interest is Dublin Castle; the pedestrian entrance is to your left.

The Olympia Theatre is just opposite.

4. Leave Dublin Castle the same way you came in and turn left.

Walk up Dame Street.



5. Dublin City Hall exhibition is on Dame Street. You will learn more about the history of Dublin City here.





### OPENING TIMES

Monday to Saturday 10 in the morning  
until 5.15 in the evening



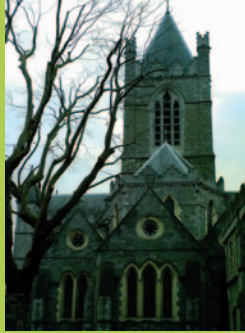
### PRICES

Adult: € 4

Child: € 2

Senior: € 2

**6.** Exit Dublin City Hall and turn left.  
Continue to walk up Lord Edward Street.



Cross at the traffic lights at the top of the street.

**7.** You will see Christchurch Cathedral.

The entrance is to the left of the traffic lights.

Make sure you explore the mysterious end to ‘the cat and the rat’ here.



### OPENING TIMES

9.45 in the morning until 6 in the evening.

This area of Dublin has many Viking and Medieval buildings.



**8.** Exit Christchurch.

You then have the option of visiting Dublinia and the Viking World Museum across the road from the Church.

**9.** Return to Lord Edward Street and walk until you come to Cow Lane on your left (next to the Arlington Hotel).

**10.** Turn left onto Cow Lane.

**11.** At the end of Cow Lane turn right into Temple bar.

**12.** Walk down past Clarence Hotel through Temple bar.

Enjoy the atmosphere of the Temple bar area.

Investigate some of the traditional music performances often happening in the local bars.

Enjoy a coffee or a quick snack here.



**13.** At Meeting House Square leave Temple Bar through the Arch on left hand side and cross the river Liffey at the Ha'penny Bridge.

**14.** Note the statues at the Woollen Mills.

**15.** Take a right turn at these statues and continue along the Quays to O'Connell Street.

# Having Fun



If you are looking for more fun things to do in Dublin here are some ideas!



## Dublin zoo

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Visit Dublin Zoo in Phoenix Park, Dublin 8.  
See more than 600 different animals here

### OPENING TIMES



Monday to Sunday:  
9.30 in the morning until 4 in the afternoon.  
It's best to go in the morning or just after lunch,  
as it takes a few hours to walk around.

## PRICES



Adult: € 15

Children: € 10.50

Senior Citizens: € 12

Students: € 12.50



### **Greyhound Racing at Shelbourne Park,**

See this website for full details on race nights:

[www.igb.ie](http://www.igb.ie)



**Hop-on-Hop-off Bus Tour** around the city gives you the chance to see nearly every attraction, shop and historical building in Dublin.

Tickets cost € 14, and a ticket is valid for two days.

[www.dublinsightseeing.ie](http://www.dublinsightseeing.ie)



## The National Leprechaun Museum

Jervis Street, Dublin 1.

Learn about the Irish legend-the leprechaun.

### OPENING TIMES



Monday to Saturday from 9.30 in the morning until 6 in the evening.

### PRICES



Adults: € 10

Children over 3: € 8.50

Students/Senior Citizens: € 8.50



# Two tours outside Dublin





## Wicklow

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**Coach Tours** provide a day tour of Wicklow.

The coach departs from Dublin every morning.

It is an eight hour trip where you will visit the 6th Century Monastic Site at Glendalough.

On this tour you will view beautiful scenery:

- The Wicklow mountains at Glencree,
- The Sally Gap
- Lough Tay
- Avoca.

## BUS TIMES



Suffolk Street at 9:00 in the morning.  
O' Connell Street at 9.15 in the morning.  
Leeson Street at 9:30 in the morning.  
Ballsbridge at 9:40 in the morning.

## TICKETS



Cost € 22.00  
Coach Tours Telephone:  
01 87 996 6660



## Kilkenny

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**Wild Rover Tours** provide a day tour of Co. Kilkenny.

When you arrive in Kilkenny visit:

- The Castle Gardens.
- The Black Abbey.
- The Cathedrals.
- Butler Townhouse Gardens Kilkenny Design and Craft Centre.
- Dunmore Caves.

The bus will stop for a short time at Glendalough in Co. Wicklow on the way back to Dublin.

The Wild Rovers Telephone:

01 284 55 60

### PRICES



Adults: € 30

Students: € 25

Group Rates Available

# Embassies in Dublin



### **American Embassy in Dublin**

42 Elgin Rd., Ballsbridge, Dublin 4

Tel: 01 668 8777

### **The British Embassy**

29 Merrion Rd., Ballsbridge, Dublin 4

Tel: 01 205 3700

### **Embassy of Italy**

63/65 Northumberland Rd., Ballsbridge, Dublin 4

Tel: 01 660 1744

### **Embassy of Portugal**

15 Leeson Park, Dublin 6

Tel: 01 412 7040/5

# Note from the Editors





**Enjoy  
your visit!**

The National Museum of Ireland is fascinating!

**Cathy**

**Katie** and **Declan** loved the Viking Splash Tour!!

**Shane** loved the history of Georgian Dublin and the beautiful architecture. Number Twenty Nine is a favourite of his.

When you live in Dublin it's big, but when you see it on the map it's small

**David**



# Some famous Irish quotes



Education is not the filling of a pail, but the lighting of a fire.

**William Butler Yeats**

I have begun to think of life as a series of ripples widening out from an original center.

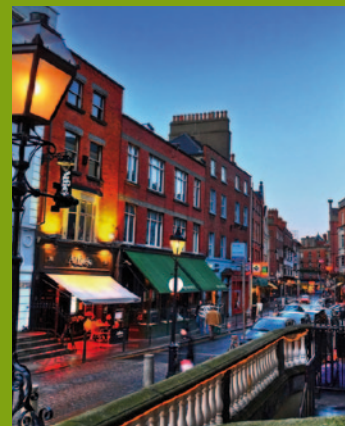
**Seamus Heaney**

What appears in newspapers is often new but seldom true.

**Patrick Kavanagh**

I never travel without my diary. One should always have something sensational to read in the train.

**Oscar Wilde**



Down  
Syndrome  
Ireland

National Leadership Local Support

onlus  
ASSOCIAZIONE  
ITALIANA  
PERSONE  
DOWN



Associação Portuguesa de Portadores de Trissomia 21