

Information on Mallow Town and Environs

General

- Mallow is the Crossroads of Munster and the administrative capital of North Cork, Ireland. Set deep in the Blackwater Valley, Mallow was traditionally an agricultural market town but due to vast improvements in infrastructure, coupled with significant promotion and investment from the Mallow Town Council and the private sector, the town has become a thriving business and satellite town.
- The Mallow area with its population of 8,937 has an abundance of skilled labour and a pool of well-educated and eager young people. The town is also within easy reach of neighbouring population centres.
- It is situated on the National Primary Route N20, 35 km north of Cork City and 64 km east of Killarney. The Mallow by-pass road is now completed. Mallow is 220km from Dublin and 72km from Limerick.
- Mallow is served by Mallow Town Council, tel. 022 21542 and Cork County Council, tel. 021 4276891. Other state and local authorities in the town are the Southern Health Board, FÁS, Cork North Enterprise Board and the Department of Social and Family Affairs.

Transport

- Train: Mallow is on the main Dublin – Cork and Dublin – Tralee train line. The station is a five-minute walk from the town centre and is staffed from 05.15-24.00 Monday - Saturday and from 08.00-24.00 on Sunday. The Mallow to Dublin service runs eleven times daily and an hourly service will be introduced in 2006.
- Air: Cork Airport is conveniently located on the south end of the N27 when coming from Cork City. The N20 will take you directly from Mallow into Cork City. It is served by Aer Arann which operates 9 flights to Dublin each way Monday to Friday, with 5 on Saturdays and 4 on Sundays.

Shannon Airport is larger and is located north of Mallow on the N20 and is 15 miles from Limerick city. It is served by Aer Lingus which operates between 5 and 7 flights to Dublin each way Monday to Sunday.

- Bus: Bus Eireann provides 6 buses from Dublin to Cork daily. Bus Eireann also provides a service, which departs hourly, for the short journey from Cork to Mallow. There are additional rural and local bus services. More information can be had from Mallow Train Station, 022 21120.

- **Taxis:** There currently 35 licensed taxis in the town, providing 24-hour service.
- **Parking Facilities:** 700 off-street parking spaces are available in 3 town council operated car parks in the town centre.

Accommodation (examples)

- **To buy:**
 - House: 3-bed terrace, excellent condition, located just on the outskirts of Mallow Town. €140,000
 - House: 4-bed semi-detached, spacious two storey residence standing on elevated height, located within walking distance of Mallow's Town Centre. €190,000
 - House: 4-bed dormer, new construction on 3/4 acre site with outstanding views. €250,000
 - House: 4-bed detached bungalow with garage, situated in private cul-de-sac location, within walking distance of Mallow Town Centre. €290,000.
 - House: 4-bed dormer style residence with feature stone front, located within walking distance of Mallow. €350,000.
- Eight hundred new houses are currently being built within walking distance of the town.
- **To rent:**
 - House: 2-bed bungalow set in quiet cul-de-sac. €100 weekly.
 - House: 4-bed, 3-bathroom semi-detached, adjacent to both primary and secondary schools, walking distance of Mallow Town centre. €850 monthly.
 - 3-bed house, walking distance of town averages €600 - €800 monthly.

Business Facilities

- Hotels and Guesthouses
 - Hibernian Hotel & Leisure Centre ***, Main Street, Mallow.
B&B from €50 - €65. Tel: 022-21588
 - Longueville House & Presidents' Restaurant ****
Prices range from €180 - €360 per room per night. Tel: 022-47156.

Springfort Hall Hotel***, New Two-Pot-House, Mallow.
B&B from €55-70 p.p.s. Tel: 022-21278.

Cortigan House Guesthouse***, Golf Course Road, Mallow. Co. Cork
B&B from €35 - €45 p.p.s. Tel: 022-22770. (Closed Dec-March)

Mallow Park Hotel**.
B&B from €50 to €70 p.p.s. Tel: 022-21527

There are many B&Bs around the Mallow area available from as little as €25 per person per night.

- Conference Facilities
Longueville House Hotel, Springfort Hall Hotel, Hibernian Hotel and Mallow Park Hotel, listed above, all provide conference facilities.

Education

- Primary Schools
Scoil Iosagain (Infants, mixed), 022-42766.
Convent Primary School (Girls), 022-42211.
St. Patrick's National School (Boys), New Road, 022-22368.
Mallow (No.1) National School (Mixed), Shortcastle, Mallow, 022-21990.
Rahan National School (Mixed), 022-22901.
Gaelscoil Thomáis Dáibhís, (mixed) 022-42709.
Scoil Ghobnatan, Bellevue (mixed), 022-22192.
St. Oliver's Special Classes, Convent Primary, 022-42955. Unit of three special classes for children with mild to moderate learning disabilities, e.g. Asperger's Syndrome, autism, Down's Syndrome, dyspraxia. Broad curriculum including speech and language therapy.
- Secondary Schools
Davis College (Mixed), 022-21173
Vocational and technical school, 75 years old, preparing to move to a new campus. Offers extra-curricular activities such as football, hurling, soccer, rugby and dancing.

Patrician Academy (Boys), 022-21884.
A famous North Cork institution with a high standard of academic achievement. There is also a strong sporting tradition in the school. Currently catering for over 350 students.

St. Mary's Secondary School (Girls), 022-21998.
An all girls voluntary secondary school with over 570 students, under the trusteeship of The Sisters of Mercy. It is the only all-girls post-

primary school in the area and caters for all abilities by offering a wide selection of courses.

- Third Level
College of Design & Tailoring
161, West End. Mallow. (022) 22768

**University College Cork is the nearest University (35km).
Cork Institute of Technology.
College of Commerce, Cork.**

Childcare and Children's Facilities

There are six registered childcare providers in Mallow, all currently fully booked. However, there are plans to address this issue.

- Other activities available for children include golf, tennis, Athletics, hurling and football, Scouts and Guides, soccer, rugby, tae-kwan-do, basketball and badminton.

Healthcare

- Mallow General Hospital
As well as General Medical, General Surgical, and ENT Services, Mallow General Hospital has a Laboratory, radiology Department, Accident & Emergency Department, and a Physiotherapy Department. The hospital has 75 inpatient beds and 5-day beds.
022-21251.
- Nursing Homes
Bridhaven Nursing Home, Spa Glen, Mallow. Tel: (022) 22205
Fairyhill Nursing Home, Annabella, Mallow. Tel: (022) 42258
Padre Pio House Nursing & Convalescent Home, Churchtown, Mallow. Tel: (022) 23789
Prices on application.
- Health Centres
Hibernian Health and Leisure Centre, attached to the Hibernian Hotel. Open 7 days – Gym, 20m swimming pool, sauna, hot spa pool, steam room, children's area, plunge pool. Membership

Shops and Shopping Centres

- Known as the shopping capital of North Cork, Mallow has a wide range of shops to cater for a variety of tastes. Local supermarkets include Tesco, Dunnes Stores, Supervalu and Lidl. There are also a number of commercial/residential developments under construction at the time of writing.

Eating out

- There is a wide selection of cafes, coffee shops and restaurants available during working hours, many with take-away menus available.
- Many pubs offer carvery lunch and dinner 7 days a week.
- Fully licensed restaurants open for evening meals include Chinese, Italian, Indian, Mediterranean and steak-houses.

Entertainment

- Mallow has more than its fair share of pubs offering the likes of live trad/folk music, rock/pop bands, karaoke, DJs etc. There are also two lively nightclubs in the town.
- Family run pubs in the town generally offer darts nights, card nights and pub quizzes during the week.
- The Reel Cinema situated in The Park West, Mallow screens all the latest releases.
- There is no theatre in Mallow. However, there are proposals to build a theatre and cineplex in the town. Currently, the Patrician Academy Players and Arts Alliance Mallow regularly stage productions in suitable venues in the town.
- The Thomas Davis Pipe Band is based in Mallow.

Natural Environment

- **Knockroura** is a newly developed amenity 2.5km south of Mallow comprising forest walks, impressive scenery and picnic facilities.
- Angling takes place on the **River Blackwater**. **Ballyhass Lakes** consist of two superb lakes stocked with rainbow and brown trout, ideal for fly fishing. The main lake is 12 acres (fly only) and the upper lake is 2.5 acres (worm, spinning, or bubble and fly). The facilities include ample car parking, boat hire, rod hire, electronic weighing scales, tackle shop, barbeque areas and rain shelters, toilets; tea, coffee and light snacks are available.
- As one of North Cork's most valuable assets, the **Blackwater Way** covers 188 kilometres of scenic walking routes, and is currently being earmarked as a National Waymarked Way and European E8 long distance walking trail. Comprising the Knockmealdown Mountains, rich farms and woodlands of the Blackwater Valley, slopes of the Nagle Hills, Paps Mountains, as well as stretches of beautiful isolation and historic settlements, the Avondhu and Duhallow trail attracts many visitors.
- **Annesgrove Gardens** are 16km east of Mallow. Amenities include a walled garden, woodland and an 18th century house. The collection of plants includes rhododendrons, rare trees and shrubs.
- **Kilavullen Caves** are located in the village of Kilavullen, 9.5km east of Mallow.

- 30km from Mallow is **Millstreet Country Park**. Over five hundred acres of lakes, waterfalls, streams, wetlands, walks, picnic areas, moorlands, arboretum, herb rich meadow, ornamental gardens, archaeological sites, native deer, birds and wildlife. Located Admission per family: €20.

Community and Sporting facilities

- Mallow Community Hall, 022-42102. Available for residents' association meetings, venue for speech and drama and music classes, pre-school playgroup, etc.
- Parish Centre, St. Joseph's, 27/28 Bank Place, Mallow. 022-20276.
- Mallow Citizens' Information Centre, 022-20162.
- Swimming Pool. New Road, Mallow. Available for private bookings, groups and instruction. For opening times etc. contact (022) 21863. Timetables available from the pool or Tourist Office.
- Mallow Tennis Club. 1.5km from Mallow on Killavullen road. Follow signpost for Mallow Golf Club. Tennis club located at Golf club.
- There are Basketball Courts in most school grounds in the town.
- Cork Racecourse, Mallow, 022-50207. www.corkracecourse.ie

Sports Clubs

- Soccer Clubs:
Celtic AFC, contact Chris Egan, 022-51009
United AFC, contact T.O'Callaghan, 022-42859.
- **Mallow Rugby Club**, St. Joseph's Road, Mallow. Contact L. Thompson, 022-21521/ N.Lucey, 022-43473.
- Golf Clubs:
Mallow Golf Club, Ballyellis, 022-21145.
Ballinamona Golf Club, 022-29314.
Doneraile Golf Club, 022-24137.
Mallow Driving Range, 022-27894.
- Pitch and Putt:
Majestic Pitch and Putt, Gouldshill, 086-8212215. Green fees €5.
Kilshannig Pitch and Putt, Glantane, 022-47181, five miles from Mallow, green fees €4.
- **Walking Club:** Contact Pat Crowley, 022-47169/ Bernadette O'Shea, 022-42466.
- **Little Rascals Funworld**, Majestic Business Park, Gouldshill, Mallow. 022-51408.
- **Handball:** Contact Billy O'Connell, 022-43715.

- Horse-riding and trekking:
Mr. W.O'Callaghan, Eden Hill, Navigation Road. 022-21143.
Valley View Equestrian Centre, Gooseberry Hill, Newmarket.
029-68185.

Cultural landmarks and visitor centres

- **Mallow Castle:** Originally built in 1185 by King John, the castle was owned by the Earls of Desmond, then rebuilt in 1585. It is now privately owned but the public can visit the old ruined castle which has been a national monument since 1928.
- **The Clock House:** Built in 1855 and once the site of the Old Rakes of Mallow Club. The building is a tudor, half-timbered construction.
- **Doneraile Court and Demesne:** 13km north-east of Mallow, this estate includes 400 acres of forest and meadow walks and the land is home to red deer. There are car parking facilities and tea-rooms which open in the summer months. The Georgian house was home to the St. Leger family.

Churches and places of worship

- Church of Ireland: Rev. Kingston, 022-21473.
- R.C. Church of Resurrection and St. Mary's Church.
Rt. Rev. Mgr. Denis O'Callaghan, P.P., V.G., 022-21112
Rev. Mícheál Ó Loinsigh, C.C., 022-21382.
Rev. Declan Hennessy, C.C., 022-21149.
Rev. Frank O'Neill, C.C., 022-21259.
Rev. Brendan Mallon, C.C., 022-20792.
Rev. Alec Morrissey, C.C., 022-43340.

Festivals, Fireworks, Christmas events, Parades, Regattas

- International Horse Show, August.
- International Indoor Horse Show, October.
- Easter Horse Racing Festival, Easter Bank Holiday Weekend.
- Mallow Community Celebration Day: took place in February 2004, giving community groups a chance to showcase and explain their work. Face painting, photographic competition, balloon modelling, etc.

- Annual Christmas Festival of Carols in St. Mary's Church. Ten local choirs participated in 2003.
- Mallow Homes and Gardens Festival. Takes place annually in summer at Cork Racecourse, Mallow. One of the biggest of its kind in the country with show gardens, food and crafts

Websites

www.mallow.ie