

## FRIDAY 7<sup>TH</sup> JULY

### BALLINA LIONS CLUB CHARITY GOLF CLASSIC / BALLINA GOLF CLUB

€180 per team of 4, all on course competitions. Re-entry €80 per team. All Golfers welcome, trophies, and prize for best overall golfer. Time Sheet Call 096 21050

## SATURDAY 8<sup>TH</sup> JULY

**THE MOY SWIM / ST. MUREDACH'S CATHEDRAL / 10AM**  
Ireland's oldest River Swim, River Moy Swim, and additional activities on the river. This world-famous swim finishes up at the Quay Village. Followed by prize giving ceremony, refreshments, and entertainment in the Glasgow Kennedy House. Register at rivermoyswim.ie

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## SUNDAY 9<sup>TH</sup> JULY

**TEDDY BEARS' PICNIC / TOM RUANE PARK / 1 – 5PM**  
Dress Teddy up in their Sunday best. Enjoy a Family fun day, with food arena, pet farm, local entertainment, and plenty of activities on the day. €1 per person

### BALLINA AGRICULTURAL SHOW / BALLINA STEPHENITES SHOW GROUNDS / 10AM – 6PM

Huge Prize money across all sections, cattle show, sheep classes, poultry classes, dog show including fancy dress for both dog and owner. Horse and pony jumping and showing classes. Crafts and bakery display from vegetable to baking to flower arrangements Adults: €10, Children: FREE.

### TELUS INTERNATIONAL BALLINA SALMON RUN SPRINT TRIATHLON / BATCHELORS' ROAD / 11AM

The fastest Sprint Triathlon in the West is back again this year at 11am. Sail down 750m in the River Moy, a flattish bike 20km course out and back and a scenic 5km down by the river to finish it off! facebook.com/LiquidMotionTriathlonClub

### FLOW COMMUNITY INCLUSIVE SUMMER DISCO / THE COT & COBBLE / 6PM – 8PM

Entry: Free Event

### SHARON SHANNON / BALLINA ARTS CENTRE / 8PM

We are thrilled to welcome the brilliant Sharon Shannon back to Ballina to be a part of this year's Salmon Festival. ballinaartscentre.com €30 per person

## MONDAY 10<sup>TH</sup> JULY

**FESTIVAL COCKTAILS & VINYL NIGHT AT THE CONNACHT DISTILLERY / 6.30 OR 7PM – 9PM**  
**CONNACHT DISTILLERY EXPERIENCE 6.30-9PM**

Exclusive tour with Head Distiller, followed by entrance Cocktails & Vinyl event, includes 1 Free Cocktail, Canopies, Music and transport to Ballina town centre at 9pm. €40 per person. Book at ballinasalmonfestival.ie

### COCKTAIL & VINYL NIGHT 7-9PM

Come enjoy a vinyl DJ set on the distillery floor, 1 Free Cocktail, canopies and lift to town after! €20 per person. Book at ballinasalmonfestival.ie

### CHILDRENS FESTIVAL ART WORKSHOPS / BALLINA ARTS CENTRE

Festival Art Workshops for Girls & Boys, suitable for 5 – 12 years of age. 10 – 11am, 11.15am – 12.15pm, 1 – 2pm, 2.15pm – 3.15pm. Limited Class numbers. Book online at ballinasalmonfestival.ie €5 per person

### BALLINA HISTORICAL WALKING TOUR / BALLINA TOURIST OFFICE / 11AM

With Carmel Hughes. Free

### BUSKING IN DOWNTOWN BALLINA / BALLINA TOWN CENTRE / FROM 11AM

Register to play and pick your spot in town. Judging from 1-2pm More at www.ballinasalmonfestival.ie

### SALMON WEIR TOURS WITH INLAND FISHERIES IRELAND / FROM BALLINA ARTS CENTRE / 12PM & 2PM

For the first time in Ballina, Inland Fisheries Ireland will offer a series of public guided tours that will provide participants the rare opportunity to experience first-hand the Ballina Salmon Weir. Spaces on the Salmon Weir Tours are limited. FREE booking go to www.ballina2023.ie

### RUN, JUMP & THROW / BALLINA ATHLETIC TRACK / 4 – 5PM

Join Moy Valley Athletics Club fun on the track and try out some fun athletic activities. Bring plenty of water and wear suitable gear. Free

### FAMILY FUN CAR TREASURE HUNT / THE COT & COBBLE / 6 – 7.30PM

A festival stalworth, we send you on your way to solve the clues and have plenty of rows and fun along the hunt. Cars depart at 6 – 7.30pm. €20 per person

### CRAOIBHÍN BALLINA BARN DANCE / KENNEDY GLASGOW HOUSE, THE QUAY, BALLINA / 8.30PM.

Music by Medicine Bow, full bar, and BBQ. Doors open at 8.30pm. €10 per person

## TUESDAY 11<sup>TH</sup> JULY

**BINGO WITH A TWIST / HOGANS BAR & KATHLEEN LYNN LANE / 8PM**

Best Bingo Night Ever, with MC Paul Bourke! Expect plenty of surprises on the night Top Prize: Magaluf Holiday for Two. Plus, more prizes on the night!

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### SPLASH N SWIM AT THE FESTIVAL / BALLINA SWIMMING POOL / 10.30AM

For 8 – 12 year olds. Children must be accompanied by an adult. Swimming hat required. FREE no booking required.

### BALLINA HISTORICAL WALKING TOUR / BALLINA TOURIST OFFICE / 11AM

With Carmel Hughes. Free

### BUSKING IN DOWNTOWN BALLINA / BALLINA TOWN CENTRE / FROM 11AM

Register to play and pick your spot in town. Judging from 1-2pm More at www.ballinasalmonfestival.ie

### BABY BOPPERS / BALLINA SPORTS & LEISURE CENTRE / 12 NOON

From walking ability to 4 years old, plenty of movement, music, and sensory play proven to improve social development, self-esteem and much more. €8 per child. Booking at ballinasalmonfestival.ie Restricted to one adult per child. Adults stay for the duration of the class and are responsible for adequately supervising their child throughout.

### LUNCHTIME CONCERT WITH THE CORE / JACKIE CLARKE COLLECTION / 1 – 2PM

Pop into the Jackie Clarke Collection Garden and enjoy live music presented by the Core.

### STAFF (PAST & PRESENT) RECOGNITION DAY / BALLINA DISTRICT HOSPITAL, GROUNDS / 1 – 3.30PM

Celebrate the staff (Past & Present) that have contributed to the service. A light lunch/refreshment will be served. Register by Email Ballina.Hospital@hse.ie or contact Kim at (096)2116

### IT'S A RACKET! SQUASH: GIVE IT A GO! / BALLINA STEPHENITES GAA CLUB / 2 – 3.30PM

A super introduction to this vibrant, fun game by the squash coaches. Girls & Boys, 8-12 years of age. Equipment provided. Book online at ballinasalmonfestival.ie €5 per person

### MOY VALLEY FREESTYLE MARTIAL ARTS / MOY VALLEY MARTIAL ARTS CENTRE, KILLALA RD BUSINESS PK, BALLINA / 2 – 3.30PM

Highly recommended opportunity to try this amazing style of combat, self defence and codes of discipline. 5+ years. €2 at venue, no booking required.

### ROUSE INSURANCE 5K RUN / REGISTRATION: BALLINA TOURIST OFFICE / 6.30PM

Registration at Ballina Tourist Office, Pearse St, at 6.30pm, starting at 7.30pm. Enjoy a 5K run around Ballina and enjoy the sights and delights of the town. Adults €10, Family €20, U18 & Third Level Students €5, More info contact 096 72800.

### FESTIVAL JAZZ WITH PJ DUFFY BAND & FRIENDS / THE COT & COBBLE / 9PM

Featuring the legendary PJ Duffy & his band with very special guests on the night.

### BINGO WITH A TWIST / HOGANS BAR & KATHLEEN LYNN LANE / 8PM

Best Bingo Night Ever, with MC Paul Bourke! Expect plenty of surprises on the night Top Prize: Magaluf Holiday for Two. Plus, more prizes on the night!

## WEDNESDAY 12<sup>TH</sup> JULY

**NATIONAL HERITAGE DAY / BALLINA TOWN / 10AM**

Step back in time and immerse yourself in an interactive showcase of a market town over 100 years ago, as Ballina celebrates traditional handicrafts and memorabilia, showcasing the skills of bygone years. Featuring four stages with live music all day, Big Ceili Marquee, Social Dancing, Pop Up drama acts, food arena & craft vendors. More at heritagedayballina.ie

### GO FLY YOUR KITE / BALLINA LIBRARY / 10 – 10.45AM & 12 – 12.45 PM

A workshop based in Ballina Library incorporating a Mary Poppins theme. Suitable for 5 – 11 years. Free – but workshop must be registered for by calling 094 9064454. The sensory room at Ballina library will also be open from 10am – 1pm – no need to book.

### THE CHANGING FACE OF BALLINA BEFORE AND AFTER THE CIVIL WAR / BALLINA ARTS CENTRE / 7.30PM

A unique public seminar featuring talks from celebrated local historians Dr Liam Alex Heffron, David Hicks, Sinéad Brennan and Terry Reilly, followed by an open Q&A with the audience. Cost: €10 / €5 Concession.

### GORILLA RADIO / TIME SQUARE, AT BAR SQUARE

Ballina's own Gorilla Radio return to play during festival week at Times Square, Tone St. More at https://www.facebook.com/barsquareballina

## THURSDAY 13<sup>TH</sup> JULY

**BALLINA'S BEAT ON THE STREET WITH IRADIO / PEARSE ST. / 7PM – 10.30PM**

A favourite with festival goers of old, Ballina's Beat on the Street returns, three decades after it first played Ballina. This year partnering up with iRadio and Ballina 2023. Featuring iRadio's top DJ's Dave Duke and Conor Woods and the winner of the iRadio DJ competition. More details at iradio.ie/djcomp

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### SPLASH N SWIM AT THE FESTIVAL / BALLINA SWIMMING POOL / 10.30AM

For 12 – 16 year olds. Children must be accompanied by an adult. Swimming hat required. FREE no booking required.

### YOGA FOR KIDS / WALLED GARDENS AT THE JACKIE CLARKE COLLECTION / 10 – 11AM

Join Marie in the walled gardens of the Jackie Clarke Collection for an energetic morning yoga session for 6 – 12 year olds. Bring a mat or towel. Free

### BALLINA HISTORICAL WALKING TOUR / BALLINA TOURIST OFFICE / 11AM

With Carmel Hughes. Free

### BUSKING IN DOWNTOWN BALLINA / BALLINA TOWN CENTRE / FROM 11AM

Register to play and pick your spot in town. Judging from 1-2pm More at www.ballinasalmonfestival.ie

### PIRATE TREASURE HUNT / THE DUCK POND, BELLEEK WOODS / 1.30PM

YARRRRRRR, ME HEARTIES! Get ye all dressed up in yer pirate clobber as we search for treasure through the wonderful woods at Belleek. Suitable for all ages. Buggy friendly. No Dogs please. €3 per person. Pay entry free at the duck pond starting point. Great quack guaranteed!

## FRIDAY 14<sup>TH</sup> JULY

**TIDAL DANCE BEATS '23 / OUTDOOR OPEN-AIR FESTIVAL, / THE COT & COBBLE / 7PM – LATE**

Outdoor Open-Air Festival. One big stage, One Big Music Festival. Doors open from 6pm featuring: Busking Finale, Ceol O Chroi & Doppler, From 10pm – 3 Big DJs: DJ Hester, DJ Méro and DJ Hackett. Full Bar service & Food vendors. After Dark Party till late. Over 18's Only €15pp, Tickets in advance. Booking via ballinasalmonfestival.ie

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### LUNCHTIME CONCERT WITH THE CORE / JACKIE CLARKE COLLECTION / 1 – 2PM

Pop into the Jackie Clarke Collection Garden and enjoy live music presented by the Core.

### PADDLE BOARDING AT THE QUAY / THE QUAY VILLAGE / 2.45 – 4PM

With Mikee and Harbour SUP. See the River Moy from a different angle and try a River moy special Stand-up paddle boarding. Booking Essential. Limited Numbers. €5 per person, 10+ years. Booking via Ballina Tourist Office.

### FESTIVAL TUG OF WAR / GREEN SPACE IN THE CENTRE OF BELLEEK ATHLETIC TRACK / 7PM

Its Back! Thanks to Tug of War Ireland, Teams of Mixed, Men & Women. €50 per team, Youth Team (14-18 yrs Free) All Sports Clubs entering will be competing with non-trained players (First timers) Teams of 6 +2 subs. Book: Yvonne 086 7722083, Noel 086 3844327

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Outdoor Open-Air Festival. One big stage, One Big Music Festival. Doors open from 6pm featuring: Busking Finale, Ceol O Chroi & Doppler, From 10pm – 3 Big DJs: DJ Hester, DJ Méro and DJ Hackett. Full Bar service & Food vendors. After Dark Party till late. Over 18's Only €15pp, Tickets in advance. Booking via ballinasalmonfestival.ie

## SATURDAY 15<sup>TH</sup> JULY

**MACNAS' RIVER SONG. A COMMUNITY PARADE / THE STREETS OF BALLINA, COMMENCING CONVENT HILL, AT 9.30PM / 9.30PM**

Ballina 2023 & Ballina Salmon Festival present Macnas' River Song. A meandering waltz through the streets of Ballina that has its heart in the ebb and flow of the River Moy.

**BALLINA SALMON FESTIVAL FIREWORKS SPECTACLE 2023 / ST. MUREDACH'S CATHEDRAL, CATHEDRAL RD & EMMETT ST, BALLINA**

When the darkness descends, watch the Ballina skyline light up, from 11pm.

**VIKINGS OF THE MOY / GAEL SCOIL, MARKET SQUARE / 10AM**

Viking Re-enactment Village. See how the Vikings lived at this year's Ballina Salmon Festival: The Vikings of the Moy group, one of the longest running Viking age living history groups in Ireland. Vikings of the Moy display and demonstrate aspects of everyday Viking life, from Viking age Ireland including cookery, textiles, herbalism, combat and blacksmithing. Immerse yourself in a Viking campsite way of life, participate in a treasure hunt of the Viking village, and learn about the Viking ways and traditions. A new addition to the festival programme, the village is open from 10am. Free.

**CHILDRENS' FISHING COMPETITION / CANALSIDE, BALLINA / 11AM – 1PM**

Dedicated to the late Josie Egan – one of the longest running events for children throughout the decades. A real treat for young people to try fishing on the world-famous River Moy, in Ballina – Salmon Capital of Ireland. Free.

**MARIE LOFTUS YOGA IN THE PARK / TOM RUANE PARK / 11AM – 12 NOON**

Enjoy the tranquil setting of Tom Ruane Park on Saturday morning with a morning yoga session. Over 16's only. Bring your own mat or towel. Free.

**PLANET KIDZ SCIENCE SLIME WORKSHOP / BALLINA STEPHENITES GAA CLUB / 11.30AM & 12.45PM**

Children will explore the awesome world of chemistry with this fun, 'messy' and hands on slime workshop inspiring them to develop a love of learning science and empower a future generation of scientists! Two workshops 11.30am & 12.45pm. €15, suitable for 4-12 years of age. Booking at ballinasalmonfestival.ie

**KIDS FESTIVAL FANCY DRESS DISCO / BALLINA STEPHENITES GAA CLUB / 3 – 4.30PM**

Strut your stuff with the Lady of the Moy, be your princess super heroes or whatever rocks your boat, Fun for all, Lots of prizes. Suitable for all ages under 10 years of age. €3 at venue, no booking required.

**BACK TO THE 80'S OPEN AIR OUTDOOR EVENT / THE COT & COBBLE / 10PM**

Featuring the very best of eighties music and dance tracks with Stevie Mc and Paul B playing the outdoor open-air stage at the Cot & Cobble. Join us for a post parade party!



www.ballinasalmonfestival.ie